

# The Importance of Play in Healthcare Settings

## Overview

In this webinar, Judi discusses why we need “play” in healthcare settings. This may seem like a really strange combination of the serious nature in healthcare service provision, where life and death decisions are made and play?

Dr Parson says the reason we need play is because it provides an entry point to communicate with children. In play, children are given the tools to explain more fully their thoughts and feelings than with words alone and as such play is an ever-expanding vocabulary for the paediatric nurse and children in their care.

So how do we understand and talk child play?

## Relevance

Understanding normative play development helps paediatric nurses to work with children who may have play deficits due to chronic or life-threatening illnesses. This session will provide you with the knowledge of how to support their holistic development.

## Purpose

This webinar includes information about what constitutes play and how play develops sequentially including the way the brain develops and how we can tailor play activities for children.

## Learning Outcomes

In this session, you will:

- Gain an understanding of the importance of play in healthcare settings
- Acquire knowledge regarding the UN Convention on the Rights of the Child
- Gain an awareness of what constitutes play
- Receive information regarding age-appropriate play

## Who is this for?

This webinar is for nurses who work with children and young people, and want to learn more about incorporating play into their practice.

## Speaker

Judi's nursing career started in 1982 before she went on specialise in paediatric nursing in 1995.

In 2000, Judi became a nursing academic but continued clinical practice until 2009 on a part time basis.

After completing her PhD titled “Integration of procedural play for children undergoing invasive Cystic Fibrosis treatment: A nursing perspective”, Judi was left wanting to better understand how she could help children experience atraumatic healthcare. She quickly realised that she needed to expand & incorporate the language of play therapy into her clinical work.

With an interest in working with children who had experienced bereavement, including grief and loss associated with having a medical condition or who had suffered medical trauma, she undertook the Master of Play Therapy at Roehampton University London in 2009.

