



## Positive Childhood Experiences (PCEs) and Play



**Adverse Childhood Experiences (ACEs)** are a difficult, complex, and saddening issue. In the absence of effective buffers, the toxic stress so many of our children experience can result in lifelong mental and physical health issues. There is no doubt that adversity in childhood can lead to burdens throughout the lifespan but there is good news: The opposite is also true! A home and community enriched with love, stimulation, and appropriate discipline can set a child up to enjoy a full, happy, healthy future.

A huge part of preparing children for life is ensuring they develop appropriately, meeting physical milestones but also social-emotional ones. We can all play a part in helping to nurture little minds and it can start very early in life: through play.

As an organization, we use **Play Therapy** as an effective intervention to address childhood trauma but natural play is a crucial component of childhood development. This month's blog focuses on the positive. Rather than exploring ACEs, we focus on "**PCEs (Positive Childhood Experiences) and Play**" and how you can enrich the lives of the children in your life simply by being more present and more playful.

[Read the Blog Now.](#)

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## Home Therapy Play and Tool Kits



How are we helping our clients during the pandemic? We've taken things virtual, conducting our sessions via [telehealth](#). Unfortunately, during this time of isolation, many of the caregivers and families we serve do not have the toys, books, and activities needed to aid children in expressing feelings, learning coping skills, enjoying free play, and most importantly, working through trauma.

We have a solution! Our new campaign will provide age-specific, developmentally appropriate therapy kits to effectively guide creative expression and facilitate positive child-caregiver interactions while aiding the healing process. Supplying at-home therapy kits opens the door to using evidence-based clinical models such as [Child-Parent Psychotherapy \(CPP\)](#) and [Filial Therapy](#) with the therapist virtually guiding the caregiver during sessions.

Through our ambitious vision, we aim to provide Home Therapy Play and Tool Kits and counseling for over 4,500 children and their caregivers over the next year. Our immediate goal is to raise \$100,000 to supply kits and trauma counseling for 500 families.

Please help us provide these practical, tangible [Home Therapy Play and Tool Kits](#) to families who need them by donating now.

[I Want to Help!](#)

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## The Importance of Play



Play forms the basis for the majority of early childhood learning and development. It is an essential part of growing up and helps children understand the world around them. In fact, play serves a very serious purpose in building healthy, happy bodies and minds.



Center for Child Counseling is delighted to welcome [Dr. Anne Holland-Brown](#) to our team. Recently, we spoke with her about the role of play and Play Therapy for children.

As a psychologist, Anne has over 26 years of mental health and leadership experience working with diverse populations of children who have experienced maltreatment and other types of trauma. Anne describes play as: "The most important thing you can do with your child..."

Learn more about Anne's approach and "[The Importance of Play](#)" in our [Latest News](#).

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## Want to get involved?

Learn more about [Fighting ACEs](#) in Palm Beach County.

Use [#FightingACEs](#) to join the conversation.

[Contact us](#) to learn more about workshops.

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