

Together Time Filial Play Service

How long does Together Time take?

Together Time takes approximately 3-6 months to complete with sessions typically running once a week for 2 hours at our Children's Centre. It is a very flexible model: providing that the essentials are taught to parents and followed through, it can be delivered and adapted in various ways to meet the family's circumstances. For instance, parents may attend a filial play group or be offered an individual filial play intervention.

Confidentiality

The sessions are completely confidential unless we feel that the child or family is at risk.

To find out more please contact us

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Hammersmith
United Charities



Providing support
for parents who have
experienced domestic
abuse to become *agents of
change* for their children

0208 748 8298

What is the “Together Time” filial play service?

Filial play is a therapeutic approach that enables parents and carers to bond with their children through play by teaching/coaching parents basic child-centred, non-directive play skills. This has been proven to be especially effective for children who have witnessed or experienced domestic abuse.

Together Time provides specialist filial play sessions for parents and carers of children between the ages of **3-12 years** who have experienced domestic abuse. The aims of the service are to:

- Strengthen the parent/child relationship, to connect and bond even better
- Improve the family’s communication abilities
- Improve the family’s coping abilities
- Improve the family’s ability to have fun
- Provide the family with tools and ideas that they can use in the future

Parents becomes the agents of change.

The parent or carer is usually the most important person in a child’s life, we believe that they (not professionals) are the best adults to work with their own children.

How can “Together Time” help children?

Together Time can help children to express their feelings and fears to their parent through the natural activity of play. Over time, this can enable children to:

- Understand their own feelings better
- Become able to express and communicate their feelings more appropriately
- Be more able to tell parents what they need and what is worrying them
- Become more confident and skilled in solving problems as well as asking for help when they need it
- Reduce their problem behaviours
- Feel more secure and trust their parents more
- Have more healthy self esteem and increase their self-confidence.
- To feel happy and have fun

Together Time coaches parents and carers to undertake special play sessions with their children under direct supervision, then with indirect supervision, and then to apply these new skills to everyday life.

How can “Together Time” help parents?

Together Time can help parents or carers to build on their existing skill set by:

- Understanding their child’s world, wishes, feelings and worries more fully
- Learning new skills for encouraging co-operation from their children
- Enjoying play with their children and giving them positive attention
- Increasing their listening skills and developing open communication with their children
- Developing their confidence as parents
- Becoming more able to trust their children
- Using new techniques to deal with frustrations in family life

Together
time

