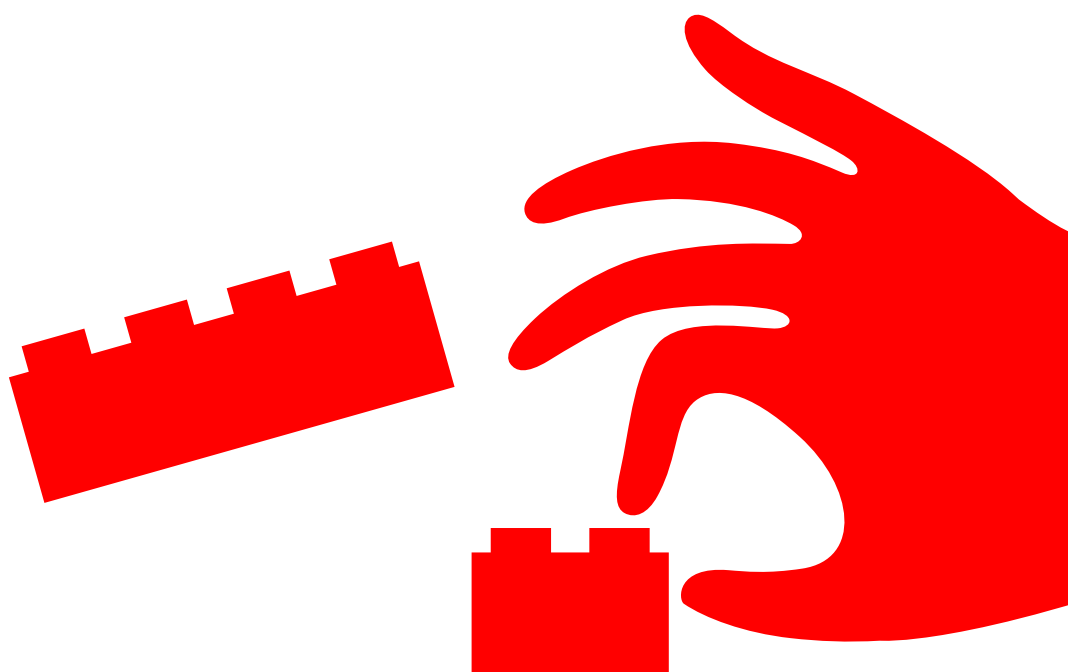


PLAY
INCLUDED



Supporting children's emotional wellbeing with the Brick-by-Brick[®] programme

Sinead is a Senior Play Therapist and Clinical Director at The Play Therapies Centre in Northern Ireland. Sinead has been providing children with social, emotional and behavioural support for more than 20 years.

Reducing anxiety and loneliness

Schools are seeing an increasing number of children with severe anxiety, feelings of loneliness, and developmental differences following the pandemic. Many children are also facing lengthy waits for initial assessments for autism and other developmental disorders. Without these assessments, children cannot access the support that they need to thrive at school.

Many schools are therefore searching for effective programmes to help all their students, no matter their needs, with their social and emotional wellbeing. Sinead recognised that the Brick-by-Brick[®]

programme was “something that schools can offer to children immediately.”

Sinead heard about the Brick-by-Brick[®] programme from a former colleague and contacted Dr Gina Gómez de la Cuesta to learn more. She was drawn to the programme because “It is based on research. Gina and the Play Included team, based in Cambridge, ensure that there is an evidence base behind all they do.” Based on the latest research in neurodiversity and learning through play, and devised by clinicians, Sinead felt that the Brick-by-Brick[®] programme aligned with her own ethics as it was a proven

