



Thrivng Play

A Child Life approach to
facing stress and anxiety

ABOUT THRIVING PLAY

Thrivng Play is an online child life practice based in San Antonio, TX. Run by Sarah Davis, a Certified Child Life Specialist, Thrivng Play's mission is to utilize play and creative expression to support infants, children, teens, and their families during dramatic change or unfamiliar experiences. We recognize the impact of many factors in life and also provide training and mentoring to community partners.

WHAT IS A CHILD LIFE SPECIALIST?

A Certified Child Life Specialist (CCLS) is an individual who is trained in child development, family theories, as well as stress and coping theories. In order to obtain the CCLS credential, one must complete specific college-level courses, a 600 hour internship, and pass a national certification exam. A CCLS is most often found working in the hospital setting, assisting families navigate and normalize the medical challenges often experienced. They are also found in other community settings, supporting kids, teens, and families who are dealing with stressful, traumatic, difficult, or atypical situations. To learn more about the field of child life, visit the Association of Child Life Professional's website: www.childlife.org

SERVICES

Group Workshops

- Parenting Through The Years
- Stand-Up, Speak-Up: Boosting Self-Esteem
- Taming the Lion: Identifying and implementing coping techniques
- Transitions 401: What Happens After High School

Family Sessions

- Identifying stress responses of children and teens
- Creating coping plans
- Parent coaching
- School re-entry
- Education on diagnoses and medical tests

Consulting

- Development of child-centered protocols for opening after quarantine
- Training on child development, de-escalation strategies, and behavior management
- Curriculum writing grounded in developmental learning theories

GET IN TOUCH

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