

## **Relationship Based Play (RBP)**

RBP is suitable for all children but is especially beneficial to those who have Social and Emotional difficulties or Attachment Difficulties. These difficulties are known to have a profound effect on the rest of their development including their wellbeing and success within education.

RBP is modelled on natural patterns of healthy interaction between parent and child, but can be used between educators and child and child and their peers.

RBP intentionally involves touch and proximity and is cooperative, not competitive.

RBP is adult directed, structured play in which all participants, adults included, are actively involved together in fun, enjoyable activities.

RBP is nurturing and caring, accepting of each other and positive.

RBP is playful, interactive and empathic with the main focus on the relationship between participants.

RBP can be used to enhance engagement, self-esteem, trust in others and for them to feel comfortable within their relationships.

RBP activities can also support children to enable adults to support them to regulate their emotions so eventually they will learn to successfully regulate them more independently.

RBP dramatizes for the child that they are special, loveable and competent, that others can be responsive and that the child can count on others.