

# Kilnaleck Baby & Toddler Group



**MONDAY 21st OCTOBER @ 10.00AM**

**Kilnaleck Realtog Centre**

**Discover the Joy of Play with  
Communication  
Through Play!**

Join Deirdre a Play Therapist to understand more about the powers of play!

In this 1.5 hour session learn how to:

- \* Incorporate play and creativity to support development and build resiliency
- \* Set limits without shaming a child
- \* Improve your ability to help regulate your child's emotions