



# The PLAY Project

## Autism Intervention Description

“The best play-based parent training program in the country for young children with autism. Evidence based, compassionate and beneficial for parents and participants.” —Stuart Brown MD, National Institute for Play.

- PLAY Project Autism Intervention is an *evidence-based, \* highly structured, parent implemented, intensive intervention model* for young children (18 months-6 years) with autism spectrum disorders (ASD) that has been serving families nationally and internationally for 15 years.
- Certified PLAY Project Consultants, in the home, clinic/office, school (Teaching PLAY) or virtual/online (Tele-PLAY) settings, *coach parents* to connect with their child in a joyous, playful way that improves the child’s *social interaction and development* addressing the core social difficulties of ASD.
- PLAY Consultants connect in person with families 2-4 hours/month, or conduct services virtually via Tele-PLAY, during which they coach parents using our *7 Circles of PLAY* approach and videotape samples of play. They provide detailed mid-month written and video feedback for parents on how to keep play fun and engaging so the child moves up developmentally. Parents are encouraged to PLAY with their child 2 hours per day in 15-20-minute sessions and through daily activities (the model works in the clinic, early intervention, or office setting as well with weekly one-hour sessions).
- PLAY Project Consultants are child development specialists, including SLP, OT, Behavioral Health Providers and MEd/Early Intervention. Over 500 PLAY Project Consultants are providing PLAY Project services in the U.S.

NIH funded research\* — one of the largest autism studies of its kind in the U.S. with 128 participating children/families from four states — showed that parents can learn the methods, that children improved in their social interaction, functional development, and autism severity and that PLAY Consultants showed fidelity in implementing the program.

\* Solomon R, Van Egeren L, Mahoney G, Quon-Huber M, Zimmerman P. PLAY Project Home Consultation Intervention Program for Young Children with Autism Spectrum Disorders: A Randomized Controlled Trial. J Dev Beh Pediatr. 2014; 35(8): 475-485. To view the full open access article, click on this link: [http://journals.lww.com/jrnldb/Fulltext/2014/10000/PLAY\\_Project\\_Home\\_Consultation\\_Intervention.1.as](http://journals.lww.com/jrnldb/Fulltext/2014/10000/PLAY_Project_Home_Consultation_Intervention.1.as)

### Get Started!

If you are interested in receiving PLAY Project intervention from a licensed PLAY Project consultant, please contact Growing Up Therapy in Kaiserslautern Call: 0163.603.5115





## The 7 Circles of The PLAY Project

The **7 Circles of The PLAY Project** summarize the experience of The PLAY Project's evidence-based, manualized autism intervention:

**1. Principles and Methods:** Families learn the foundations of PLAY:

- *The four principles:* 1.) Fun with people, 2.) Put in the time (2 hours/day), 3.) Profile the child accurately, and 4.) Play at the right developmental level.
- *The five methods:* 1.) Read the child's cues, 2.) Adjust the pace of interaction, observing and waiting for the child's idea, 3.) Follow the child's lead, 4.) Promote "circles of communication" (reciprocal exchanges), and 5.) Build on the child's interests.

**2. Child Profile:** Each child is individually profiled in terms of 1). What they love to do

(Comfort Zone Activities), 2). Their sensory profile and 3). Functional developmental levels.

**3. Techniques and Activities:** Individualized suggestions give parents clear ideas of how to implement PLAY.

**4. Family Guidance:** PLAY Consultants come to the home to coach, model, and give structured feedback based on the video analysis and visit.

**5. Engagement:** Between visits, parents engage their child and put in the time.

**6. Visit Review:** Between visits, the consultants send a visit review that includes written and video feedback so parents can refine their approach.

**7. Change and Growth:** The program is adjusted as the child moves up functional developmental levels.

**Richard Solomon MD, a developmental and behavioral pediatrician, is the medical director of The PLAY Project. For more information, visit our website at [www.playproject.org](http://www.playproject.org) or call (734) 585-5333.**

