**Role of the play specialist**

1. Preparation for medical procedure:
   1. Giving information and advice to children and young people(CYP) who are about to have a medical procedure including blood test, medical examinations, vaccinations and swabs.
   2. Identifying any anxieties related to the procedure
   3. Work with CYP to find suitable copying strategies. May include medical play with younger children.

*N.B. The play specialist does not support holding children down for any medical procedure.*

1. Procedural support and distraction:
   1. Support CYP to apply their chosen strategy to enable them to cope with medical procedures. This may include using toys and breathing techniques.
   2. Enabling the CYP to have a voice and advocate on their behalf with regard to their wishes being listened to prior and during procedure.

*N.B. Procedural support and distraction does not take away from pain or discomfort but changes the patient’s focus.*

1. Sleep Hygiene (4-6 sessions are offered):
   1. Provide information and advice about how to tackle sleep difficulties
   2. Advice may include: improving routines, breathing techniques, guided imagery, mindfulness and progressive muscle relaxation.
   3. The aim is to enable the CYP to use the techniques independently.

*N.B. Play specialists do not prescribe medication*

1. Normalising/developmental play:
   1. To adapt CYP to the new environment
   2. Assess and observe CYP’s development
   3. Provide knowledge around child development for parents and professionals.

*N.B. the play specialist does not provide childcare for siblings*

1. Support play/sessions (6-8 sessions are offered):
   1. Offer of holding sessions before the child transfers to CAMHS or LTFI.
   2. Focus is on teaching CYP grounding and relaxation techniques.
2. Informal emotional support for parents/carers:
   1. Support sessions do not replace the need for a CAMHS or an LTFI practitioner, where there is an identified mental health concern

*N.B. Play specialists cannot provide emotional support solely to parents when CYP is no longer attending the Lighthouse services.*