

Building parents' understanding of play to nurture infant and toddler mental health

Case study – Dylan

Charlotte (33) is a single mum of Brendan (6) and Dylan (2). Charlotte just separated from her current boyfriend. The father of Brendan and Dylan has fortnightly supervised access to the boys. Lately he has been pressuring Charlotte for unsupervised access. Charlotte does not want that to happen because he has been too aggressive in the past. Charlotte doesn't have much to do with her parents and only has one aunty who can offer her some support. She feels very alone a lot of the time.

Dylan has experienced constant ear infections over the last year which has added to Charlotte's general feeling of exhaustion. On top of that, his behaviour at day care has not been great. He has been pushing and hitting other kids when he gets frustrated. The day care staff have asked Charlotte to look into getting some assistance to help with Dylan's speech development and behaviour. Charlotte thinks this isn't necessary because she feels he will develop speech skills in his own time.

At a recent GP visit to check on Dylan's progress from an ear infection Charlotte told the GP what had happened at day care and that she was feeling frustrated and exhausted. The GP agreed with the advice from day care and said she would like Charlotte to consider scheduling a longer appointment next time, without Dylan, so they can have a more open discussion. The GP gave Charlotte some information to read about developmental and emotional milestones for children. Charlotte said she would think about coming back to talk to the GP.

See more about Dylan's case here [Dylan case study \(vimeo.com\)](https://vimeo.com/345678901)