

Children with autism need intensive intervention services. With autism prevalence on the rise, the need for cost-effective autism intervention models is needed now more than ever. Sara's Garden is a certified provider for the PLAY Project, an evidenced-based parent-centered autism intervention model.



The PLAY Project stands for Play and Language for Autistic Youngsters™. The PLAY Project is dedicated to helping parents and caregivers acquire a better connection with their child through play. Intervention performed through the PLAY Project also helps to improve their behavior, social skills and language. There is a joyous bond that occurs as a result of PLAY intervention.

Research has shown that this approach of training professionals to help parents and other caregivers to become a partner in their child's autism care leads to successful child and parent outcomes and offers a reliable standard of care model for community systems to meet the autism intervention needs of ever the growing number of children with autism.

Richard Solomon, M.D., a developmental and behavioral pediatrician, developed this program in response to the lack of availability of intensive early intervention services for children with ASD. He designed the PLAY Project early intervention program as a cost effective, practical approach that provides valuable services to both the child and parents/caregivers.

The principles, methods and techniques of the PLAY Project emphasize the child's readiness or following the child's lead as a means for improving social impairment, a core deficit of autism spectrum disorder. Our highly trained staff coaches parents and caregivers to build a joyous, engaged relationship with their child with autism spectrum disorder.



You are the best advocate and teacher for your child. You know your child best. As your consultant, we will develop a PLAY plan that is specifically designed to meet the needs of your child.

Play can happen at any moment of the day (i.e. mealtime, bath time, outdoor activities, etc.). We will be coaching you on PLAY techniques, methods and principles so that, in turn, you can deliver these interventions throughout the day with your child.

Sara's Garden

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Research & Evidence

The PLAY Project has undergone one of the largest and most rigorous research studies of its kind. The results of a three-year multi-site randomized controlled trial, published in the October 2014 issue of the Journal of Developmental and Behavioral Pediatrics, confirmed significant positive outcomes for children with autism and their parents who participated in the PLAY autism intervention program.

This large scale study focused on the impact of the PLAY Project's autism intervention model: a parent-implemented (a.k.a. parent-mediated) play and relationship focused program.

Significant improvements in:

- Caregiver/parent and child interaction
- Social interaction of children with autism
- Social-emotional development of children with autism
- Autism symptomatology

Secondary outcomes:

- Improved parent stress and depression
- PLAY Project consultant fidelity. In other words, they were true to the PLAY Project model and delivered it as trained.

The principles, methods, and techniques of the PLAY Project were developed on evidence based practices in early autism intervention. For a comprehensive list of supporting research and documentation pertaining to the PLAY Project's parent-implemented autism interventions, visit the program's website at www.PlayProject.org.

"The growth that we have witnessed with our son since starting the PLAY Project is amazing. It is so important for us to have therapists that take a high interest in his well being and have a strong desire to help him achieve. This is exactly what we have found at Sara's Garden. Watching their interaction with him and witnessing a therapy program that is tailored to his exact needs is heartwarming."

HOPE. HELP. HEALING.