



My Child is in Therapy: How Can I Help?

Introduce your child to therapy

- We are seeking help and understanding
- We will learn together
- I am a partner in the process
- What will help child and family reach goals?
- Not punishment for negative behavior



Set goals for therapy

- Bring a list of concerns to first session
- Invite child to make list of concerns
- First session may be parent(s) only
- At first session talk about goals
 - ❑ Therapist may ask questions to learn about the problem
 - ❑ May help you see it a different way
 - ❑ Important that everyone agrees on goals
- Clear and easy to understand and can measure
- Agree on signs of progress
- Agree on timetable
- Plan check-in times
- Expect that you may have goals for yourself as well

