



How To Help Your Child Prepare For Their Appointment

Please bring toys, snacks, diapers or whatever you need to entertain and comfort your child. We do not ever expect long wait times in the waiting room, but sometimes appointments back up. Be sure you have whatever you need to soothe your child if you need to wait.

Help your child get emotionally prepared. Children and teens can benefit from being told by their parents what to expect at their first appointment. They usually experience less anxiety when they know what will happen and why. Sometimes teenagers may feel uncomfortable in the waiting room. If this happens, arrangements will be made with your child's therapists for future appointments in an attempt to minimize their level of discomfort.

What you should say depends on your child's age and intellectual functioning. Unless your child is very young, we encourage you to make a very general statement about the experience. For example, you could say, "We are going to talk to a doctor about how you are feeling, thinking and behaving, to make life easier for you." It is helpful to explain that therapists will be asking questions. Also, to alleviate fears it can be helpful to let children know that none of our doctors or therapists give shots.

If your child is coming for a psychological and educational evaluation, please let your child know that we like to find out how children and students learn best. You might explain that we do this by talking with kids and playing activities that involve listening, problem solving, reading, writing and math.