



Getting the Most Out of Your Child's Therapy



Therapy works best as a **team effort**. You know your child best — together we create a strong support team.

Why Partnership Matters

Parents and therapists each bring something important. Your daily insights and support greatly strengthen the outcomes of therapy.

Preparing for Sessions

Notice specific examples at home. Instead of "They're so emotional," try "They get very upset when asked to do homework." Clear examples help us work on practical solutions.

Supporting Goals Between Sessions

Focus on learning and small steps rather than trying to "fix" everything. You don't need to be the therapist — your encouragement and supportive environment make a big difference.

Realistic Expectations

Change is often messy and progress is not always straight. Some weeks feel better than others — this is normal. Small, consistent steps create the biggest change over time.

Looking After Yourself

You can't pour from an empty cup. Treat yourself with the same kindness you would offer a friend. In hard moments, try saying: "This is hard, and I'm doing the best I can right now."

Extra Tips for Success

- Keep the focus on what is already going well
- Use your child's strengths and offer genuine encouragement
- Ask the therapist for home ideas or homework
- Building trust takes time — some hesitation is normal
- It's okay to speak up if the fit doesn't feel right

For parenting support, coaching and child therapy connect with us:
website: storykindpsychology.com & email: info@storykindpsychology.com