



A team approach.

How to Observe Your Child's Therapy Session

We welcome and encourage your involvement in your child's therapy program. Your child's therapist is likely to ask for your observations as well as provide you with activities to do at home. When you are in the therapy room please remember the following guidelines:

-Siblings are generally not allowed in the room during therapy, as they can be distracting and create a safety concern. If you are observing your child's therapy session, please try to make arrangements for your other children.

-We encourage an interactive relationship between the parents and therapist. With some children, it is possible for the adults to talk intermittently throughout the session. For other children, this is very distracting and we save the last 10 minutes of the session for exchanging information.

-If you need additional time to discuss questions, concerns, or share information, please schedule a 15, 30, 45 or 60 minute conference appointment with your therapist(s).

-While observing therapy, try to be a "fly on the wall." During the session, there will be many times when you are tempted to react to what your child is doing or saying. It is important that you refrain from laughing, commenting, or prompting your child. This can be distracting to your child or may be counterproductive to the therapist's agenda at that time. Please remember to not answer for your child.

-The therapist will set limits and provide reinforcement appropriate to the therapy setting. Unless the therapist's rules and limits significantly conflict with those you set at home, please allow the therapist the "upper hand" during the session. It is important for your child to develop a relationship with the therapist.

-We do not allow video taping of our sessions for outside use.

-Exception to the above will be made individually and based on the needs of the child.