

# **How should I prepare my child for their therapy?**

You can tell your child that they are coming to see Angela and they will get to talk about their week, express feelings, dance, and play with sand, balls, clay or what ever else might be appropriate. If your child asks why they are going to therapy, you may say, "This will be a time for you to express feelings and have a special time to play". Make sure your child is in "play clothes" for the focus of the session will be on expression not neatness and they may get art materials, sand, etc on their clothing. Please do not bring something for your child to eat or drink during the session. This is a special time for your child to express themselves and this will distract them from the important work they will be doing. Also Angela has plenty of exiting things to use during the session therefore it is best not to bring a toy, doll or important object as they are often forgotten and left behind.

## ***What is expected of parents?***

- I can not help your child if you are not involved. Plan on checking in with me at each appointment during the last 5-10 minutes of each session.
- Be on time. If you are late missed time will be ducted from your session.
- Cancel/reschedule in a timely manner. Appointments not canceled or rescheduled within 24 hrs notice may result in the full charge for the session.
- Please stay at the office during your child's appointment. Your children may want to share their experience with you. Bring a book, sewing etc. and use the time as relaxation for you. Please let me know if you must leave and please arrive back 10 minutes prior to the end of the session.
- Sometimes you will be given "homework" assignments. Consider these a VERY important part of treatment for they are critical to accomplishing healing for your child and family. These will be fun activities that will not take more than a few minutes a day.
- If your child or you are sick, please don't come. Instead call and reschedule.. A cancelation fee may apply if not canceled 24 hrs prior to your appointment.
- If there is a cancellation or delay due to weather, we follow the Guilford Co. School System. If they are closed so are we, if they have a two hour delay the first appointment of the day will be at 10 AM. In event of an early release due to weather evening appointments will be canceled

## ***What is expected of children?***

- Come in play clothing. We might do something messy
- Know that your family will be involved in what you do here.
- Come prepared to talk about your week and to discuss feelings, concerns, and emotions that you are experiencing.
- Put away the toys you play with in when you are done

## ***What is expected of Angela***

- Conduct assessments to determine the best type of therapy for your family and make referrals as needed.
- Provide clinical short term therapy/counseling services to children and families.
- Be available for help, advice and support to both children and families.
- Create, maintain and follow set goals to track progress, making changes as needed.
- Help foster increased communication between children and parents. Conduct child and parent sessions as needed.
- Return phone calls in a timely manner; provide support and crisis counseling as needed.
- Maintain completeive fees and offer finical assistance as appropriate.