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# Outside the Square

psychology



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## What do I tell my child about coming?

Your child may already be familiar with coming to visit those in the 'helping profession', and not even question another appointment. Most children, however will like to be prepared for something out of routine like visiting a psychologist.

If you currently use visual supports to help your child understand their daily routine, we can assist with photographs of the office, consulting room or even your psychologist to add to a schedule or picture strip.

If your child can comprehend sentences, and is curious about what will be happening, you might explain the visit in the following ways:

### **1/ Explain as simply as possible, and link the visit with something the child is aware they need help with:**

eg. "We are going to see (name of psychologist) for help with making friends"

### **2/ Let the child know how long the visit will last for:**

eg. "We will be there for a bit less than an hour"

### **3/ Let the child know what might happen during the session**

eg. "You will talk with (name of psychologist). You might play a game, or draw and write together"

### **4/ Plan something enjoyable for your child to look forward to after the session**

eg. "When we are finished, you can look at your comic book in the car"