

Supporting Your Child In Therapy

TIPS FROM A PARENT



"Watching my granddaughter benefit from therapy has shown me **how important it is for parents to be informed and involved**. Over 20 years ago, when my son was in therapy, I didn't fully understand the process. **Being engaged today makes a real difference in helping my granddaughter feel safe, understood, and supported.**"

– Angela Clements

- ▶ **You are your child's greatest support and advocate.** Ask questions if you don't understand the process.
- ▶ Remember, your role isn't to "fix" the problem, it's to **model, practice, and encourage new skills** alongside your child. And you may need to build those skills, too!
- ▶ **Practice makes progress, not perfection.** Celebrate every small step your child takes and remind them (and yourself) that learning new skills takes time.
- ▶ **Empathy is one of the most powerful tools you have.** Simply listening to your child strengthens your connection and helps them feel safe to share.
- ▶ **Healing takes time, and progress may not always happen in a straight line.** Keep encouraging your child and communicating with the therapist along the way.
- ▶ During your child's healing journey, you might see things in yourself that you need to work on. **What you've been through is not your fault, but your healing is your responsibility.** Hold yourself accountable to healing and growing together with your child!