

Weekly Update

It's important for me to know what is going in your child's world, so I can best help. Please remember that it is not helpful to talk about your child's problems when they can hear you – they deserve the same respect we expect from others. You are welcome to print this form, complete it, and e-mail it to me ahead of your child's session or fill it out during the session in the waiting area.

1. Has anything happened since I saw your child that might have had an impact on his/her functioning? Even events that are positive can be stressful (e.g., a visit from a family member, a birthday party, a vacation or trip to a new place, news about a future change in your family).
 No Yes (please explain)

2. How much uninterrupted, completely focused one-on-one time have you spent with your child in the past week?

3. Have you observed any changes in your child's sleep, appetite, mood, relationships, behavior?

4. How would you rate your child's overall functioning in the past week?
 1 = As problematic as it's ever been 10 = No problems!
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5. What do you think made it that way?

6. Are there any extra concerns or questions you have about your child's functioning or the work he/she is doing in play therapy?

When your child's session is over, just let him or her know that you are happy to see them and do not ask them to tell you about their session.... let them tell you about their time with me if they choose to. And....I know this will be hard, but do not ask them if they had fun. Although your child may have had fun in the play therapy room, this is therapy, not a typical playtime, and your child is doing some serious work. Asking if they had fun creates the expectation that it SHOULD be fun and they could feel like they did it "wrong" if they didn't have fun! We want your child to learn that whatever happens in the play therapy room is ok. It IS important to validate your child's feelings, especially if it seems like they are feeling something that is uncomfortable like sad, scared or angry. They may not be able to tell you why, but knowing you recognize and value their feelings could be all they need at the moment and it will help them feel valued as well.