

## 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 just send me an e-mail and share some things that went well and some things that did not go well in the past week since your child's previous session. Thank you for your involvement in your child's therapy.

- 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. Have you observed any changes in your child's sleep, appetite, mood, relationships, behavior?
- 3. How much uninterrupted, completely focused one-on-one time have you spent with your child in the past week?
- 4. How would you rate your child's overall functioning in the past week?

- 5. What do you think made it that way?
- 6. Other concerns:

## After the session:

- Let your child know that you are happy to see them.
- Do not ask them to tell you about their session; let them tell you if they choose to.
- Do not ask them if they had fun. This is therapy, not a typical playtime, and your child is doing some serious work. They could feel like they did it "wrong" if they did not have fun.
- Validate your child's feelings. Knowing you recognize and value their feelings will help them feel valued as well.