

Checking in - Questions to Ask Yourself (use this every 4-6 weeks)

Do I see improvement in my child's mood, behavior or physical symptoms?

Is my child meeting their goals?

Does my child like their therapist?

Is the therapist communicating openly and regularly with me?

Is the therapist accessible to my child?

Do I think the therapist is helping my child?

Do I think the therapist is the right fit for my child?
