



A PARENT'S GUIDE TO PSYCHOLOGICAL ASSESSMENT SERVICES FOR PRESCHOOLERS, CHILDREN & ADOLESCENTS

WHAT DO PSYCHOLOGICAL SERVICES INCLUDE?

- ▶ **ASSESSMENT**
- ▶ **TREATMENT**
- ▶ **CONSULTATION**
- ▶ **EDUCATION**
- ▶ **BEHAVIOUR MANAGEMENT**

WHEN SHOULD I CALL FOR HELP? It can be difficult for parents to know when help is needed.

Ask yourself:

- Are you feeling worried about your child?
- Have other caregivers (family, teachers, babysitters, doctors) expressed concerns?
- Has the problem seemed to last for a long time? Is it getting worse?
- Have you been on a school/agency wait list for a long time?

Learning:

- Is your child having trouble learning or keeping up at school?
- Does your child forget things easily?
- Does your child get distracted easily?
- In reading, does your child struggle to decode or understand what is read?
- Does your child have trouble getting ideas down on paper?
- Is writing messy or poorly spaced?
- Does homework result in daily battles?

Behavior/Emotions:

- Is your child getting in trouble at home or school?
- Does your child have difficulty making or keeping friends?
- Does your child worry excessively about things?
- Does your child get anxious about learning, peers, or home events?
- Are your child's struggles creating stress for you and other family members?

WHAT DOES A PSYCHOLOGICAL OR PSYCHO EDUCATIONAL ASSESSMENT INVOLVE?

- The clinician will meet with you (the parents) to discuss your concerns and learn about your child from you.
- He/she will have you and/or teachers fill in some questionnaires to describe your child's behavior and learning.
- Your child will then visit for individual sessions to identify *both strengths and difficulties*.
- An assessment includes: observing behavior and interactions as well as completing a series of tests or activities which compare your child to age-based expectations.

Next Steps:

- All this information is reviewed with you and a plan is designed, aimed at helping you and your child.
- You should expect information on strengths and weakness; details on the nature and degree of difficulties; ideas to help your family and child cope better; ideas for school programming; and a plan to manage behaviour concerns. Your child may also get the information explained at their level, so that they understand their difficulties and take pride in strengths.
- Next, with your permission a meeting with your child's preschool or school may be arranged. Other referrals and resources could also be contacted with your informed consent.
- Finally, a written report will be completed for you.

WHY COMPLETE A COMPREHENSIVE EVALUATION NOW?

- Early identification means your child can get help sooner, family life will be less stressful and the preschool/school can be educated about how your child learns best.
- Early intervention can improve long term outcome.
- Access to certain community resources requires diagnosis and delay in evaluation limits access.
- Formal Identification of difficulties at school can lead to an Individual Education Plan, and school-based accommodations right through to the college/university level.

WHAT CAN WE DO TO HELP?

- Typically, we can see your family fairly soon after the first call avoiding lengthy wait lists and worry.
- We will involve you directly in the process and together decide the best approach for your child and family.
- We will advocate for your child and family for resources in the community.
- We provide a comprehensive approach to assessment/treatment so you get the most information with long term value for your child and family.

DID YOU KNOW?

- ✓ Even very bright children can have specific learning problems and may need accommodations to help them learn best.
- ✓ Parents are usually not the cause of difficulties, but worry that they are doing something wrong.
- ✓ It is never too early or too late to get help.
- ✓ Our practice is multi-disciplinary with qualified professionals in psychology, speech & language pathology, behavior consultation and education.
- ✓ You may access one or more members of the team and we can consult with each other to best meet your child's needs.
- ✓ Many extended health insurance plans through your workplace will cover the services offered. Fees may also be tax deductible.

If you have any additional questions regarding coverage and services, or wish to book an appointment, please;

Call our Intake Coordinator at:

905-874-4737