



What Can Help

Practise at home. Many parents are surprised to learn that what happens at home and school is actually more important than what happens with the therapist. Therapy is similar to music lessons. If someone takes piano lessons, his or her teacher reviews progress and assigns new things to practise. But if that person doesn't practise at home, he or she will never learn to play the piano. Similarly, a parent who is unable to practise new techniques and activities assigned by the therapist is unlikely to get the best results with his or her child.

Rely on your coach. Therapists can act as coaches to help you develop new skills to handle challenges at home. Ask for help when learning new skills, practise them together and make sure you feel ready to try them on your own.

Make the programme a high priority. The more energy and enthusiasm your family can commit to the programme, the higher your child's chance of success. For now, the programme may need to come before other things, like school plays, sports events, or family travel.

Be willing to work hard. If you are willing to work hard in the short term, you and your child will have better long-term results. For example, it can be tempting just to drop your child off somewhere after school to have fun, leaving him or her in a good mood afterwards, but that won't help with behaviour problems in the long run. Working hard now can mean your child's problems can be much better for months or even years.

Attend therapy sessions faithfully. You should do everything possible to make sure you and your child attend all therapy sessions and that you are available to speak with the therapist by telephone as necessary.

Speak up. Don't be afraid to let your therapist know what isn't working. The practice assignments aren't always easy, especially in the beginning. Parents who communicate about how the programme is working for them and their family help their children succeed. The therapist can help you solve some of the problems you might face, even with things like lack of time or doubts about your child's progress.

