



## HOW TO PREPARE YOUR CHILD FOR TESTING

### **Be Honest.**

Trust in the parent-child relationship is strengthened by honesty. You can be honest about the fact you are taking your child to their testing appointment. Helping them become comfortable with this idea includes explaining what you know about the location, the doctor, and the sequence of events that will happen before, during, and after an appointment. You can also be honest and compassionate about the reason you are seeking out testing for your child.

### **Use Age-Appropriate Language.**

You can begin preparing your child for therapy by explaining to them what “kind of doctor” a psychologist is. Simply put, **a psychologist is a doctor who helps with thoughts, feelings, and behaviors that might be causing us trouble.** You can help your child understand what testing is like by telling them that testing is helpful because it helps us figure out what might be causing some of the challenges we have, and it gives us ways to make things easier. To communicate to your child about reasons they may be coming for testing, you can say something like, “*You know how \_\_\_\_\_ is hard for you and it sometimes causes you trouble? Sometimes testing is helpful to see what is causing that, so we can help.*”

### **Provide Reassurance.**

Reassurance for your child may come in many forms. The first may be giving them more certainty about what their environment will be like during testing by showing them pictures of the office and pictures of Dr. Williams (see website). Your child may also like to be reassured that they do not need to know the “right thing to say,” and be reminded that they simply need to do their best. No one knows all the answers to every question. You can also remind your child that Dr. Williams uses materials and strategies to provide comfort and some fun, such as art materials, play sand, squishy toys, etc. It can be helpful for a child to know where their caregiver will be while they are doing testing.

### **Provide Encouragement.**

Your child can really benefit from being encouraged to be as open and honest as possible. This is the way they can get the best help and support with challenges or big feelings. You can model this openness and honesty by being honest with your child about services and the reason for seeking testing.

### **Come Prepared.**

It is important to bring your child emotionally and practically prepared. The practical aspects of preparation for a testing session include:

- Bringing all appropriate paperwork to testing. \*\*
- Getting adequate sleep the night before testing.
- Having a good meal, without a lot of sugar or caffeine intake, before testing.
- Wearing comfortable clothing.
- Bringing glasses or hearing devices, as needed, to use during testing.

- Taking medication or not, depending on instructions from Dr. Williams. \*\*\*
- Bringing a favorite blanket or transitional object, if it will not interfere with testing.
- Bringing a snack and drink.
- Leaving phones and electronics with parents during testing to avoid distraction.

\*\* Dr. Williams will indicate to you if you need to bring any forms or paperwork with you to your testing session.

\*\*\*It is important to follow Dr. Williams' instructions regarding whether or not to give ADHD medications to children being tested for ADHD or other difficulties. Failure to do so may impact the validity of test results obtained.