




## Seasons Counseling Center

### Getting Ready for Your First Therapy Visit

Helping Children Feel Safe, Confident, and Supported from the Start 

#### Why Preparation Matters

Starting therapy is a new experience for many children and teens. When caregivers introduce it in a calm, supportive way, children are more likely to feel comfortable, open, and ready to engage.

*Therapy is not a punishment—it's a safe place to talk, learn, and grow.*



#### What Parents Can Do the Day of the Appointment

- ✓ Arrive calmly and without pressure
- ✓ Avoid last minute lectures or expectations
- ✓ Allow your child to lead the conversation
- ✓ Reassure them you are there to support them

#### How Parents Can Prepare Their Child



##### Talk About Therapy in a Positive Way

Explain that therapy is a place where kids can talk about feelings, worries, or challenges with someone whose job is to help.

- ✓ "You're not in trouble."
- ✓ "This is a place to help you feel better."



##### Keep Explanations Simple & Honest

Avoid overwhelming details. Let them know:

- They can talk, play, draw, or ask questions
- They will go at their own pace
- Parents and therapist work together to help them



##### Normalize Feelings:

It's okay if your child feels nervous, unsure, or curious. Let them know many kids feel this way at first.



##### For Younger Children

Let them know therapy may include:

- Play
- Games:
- Art
- Talking about feelings through activities.




##### For Adolescents:

Respect their independence:

- Emphasize privacy and trust
- Explain therapy is a space to speak freely
- Encourage them to participate in setting goals

We're Here to Help You Take the First Step

 Call: (573) 327-9841

 <https://seasoncc.com/>

