

Tips for Preparing Children for Counselling

Taking your child to counselling can feel like a big step, but it's an important one for supporting their emotional well-being. Here are some tips to help prepare your child and ease any nervousness they may be feeling:

Explain What Counselling Is

Start by explaining to your child what counselling is in simple terms. Let them know that it's a safe space where they can talk to someone who is there to listen and help them feel better.

Encourage Questions

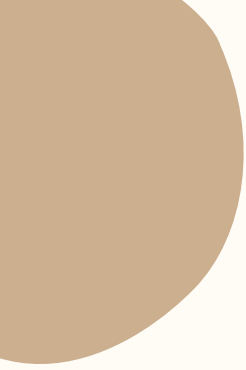
Invite your child to ask any questions they may have about counselling. Reassure them that it's okay to feel curious or unsure and that you're there to provide answers and support.

Normalise Feelings of Nervousness

Let your child know that it's completely normal to feel nervous about going to counselling, especially if it's their first time. Share any feelings of nervousness you may have experienced in new situations to help them feel less alone.

Highlight the Benefits

Talk about the positive aspects of counselling, such as feeling better, learning new coping skills, and having someone to talk to who understands and cares about their feelings.



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Empower

Empower your child by letting them know that they have control over what they talk about in counselling. Reassure them that they can share as much or as little as they feel comfortable with, and that the counsellor is there to support them.

Lead by Example

If you've ever sought counselling or therapy yourself, consider sharing your own positive experiences with your child. This can help normalise the idea of seeking help for mental and emotional well-being.

Address Any Concerns

Take the time to address any specific concerns or fears your child may have about counselling. Listen attentively and provide reassurance and guidance as needed.

Celebrate Their Courage

Lastly, celebrate your child's courage in taking this important step. Let them know that you're proud of them for being courageous.

We hope these tips help you prepare your child for their counselling journey. Remember, you're not alone in this process, and we're here to support you and your child every step of the way.