

What to Expect During a Psychological Evaluation

A simple, supportive guide for parents and caregivers

An evaluation is about understanding your child as a whole person - their strengths, needs, experiences, and what helps them thrive. You do not need to have all the answers before getting started.

**Understanding the Whole Child.
Supporting the Whole Family.**

Inside: Your evaluation journey | How to prepare | What happens next

Your evaluation journey

At KindMind, most comprehensive evaluations involve three main appointments, with some paperwork and clinical review happening in between. The exact steps may vary depending on your child's age and the questions we are trying to answer.

Before your first visit: Inquiry and scheduling

Reach out with your concerns. We will discuss the type of evaluation that may be appropriate, fees, availability, and next steps. You may be asked to complete intake forms before your appointment.

Visit 1 | Parent or caregiver interview

This appointment is typically virtual. We will talk about your child's development, medical and school history, daily routines, strengths, challenges, and your main concerns. Your perspective is essential - you know your child in ways that no test can capture.

Visit 2 | Individualized testing

Your child participates in activities selected for their age and evaluation needs. These might involve answering questions, completing puzzles, working with pictures, demonstrating academic skills, or interacting through play. We can build in breaks and adjust the pace when appropriate. Occasionally, testing requires more than one appointment.

Behind the scenes | Bringing the information together

We score and interpret assessment results alongside developmental history, observations, questionnaires, and records. With permission, we may request input from teachers or other professionals. The goal is a thoughtful understanding, not a single number or score.

Visit 3 | Feedback and next steps

We meet to explain the findings, discuss diagnoses if applicable, answer questions, and review practical recommendations. You will receive a written report that summarizes results and supports planning at home, at school, and with other providers.

Good to know: Not every evaluation leads to a diagnosis, and an evaluation is not a pass-or-fail experience. The purpose is to gain clarity and identify meaningful supports.

Getting ready: a simple checklist

You do not need to prepare your child to perform a certain way. A little planning can make the day more comfortable for everyone.

Before your appointment

- Complete intake forms and questionnaires as requested.
- Gather relevant IEPs, school reports, previous evaluations, or medical information if requested.
- Make a short list of concerns, strengths, and questions you hope to explore.
- Let us know about communication, sensory, mobility, or other accommodation needs.

On testing day

- Aim for a typical night of sleep and offer food and water as usual.
- Bring glasses, hearing devices, communication tools, or other items your child normally uses.
- Consider bringing a comfort item or quiet activity for transitions or breaks.
- Tell us if your child is ill, unusually tired, or having a particularly difficult day.

What should I tell my child?

You can say: *"We are going to meet someone who wants to learn about how you think, learn, and feel. You might play games, answer questions, or do activities. You can ask questions, and it is okay if something feels hard."*

A few reminders

There is no need to rehearse test questions or coach your child on the "right" answers. Seeing how your child approaches tasks helps us better understand their natural learning and support needs. If you are unsure whether to change your child's usual routine or medication, ask their prescribing clinician rather than changing anything for testing.

After the evaluation

You should leave with a clearer understanding of your child, not just a collection of test scores. Recommendations are selected based on the referral questions and findings, and may include strategies for daily routines, school supports, further services, or follow-up assessment when appropriate.

Questions you can ask at feedback

- What are my child's biggest strengths?
- Which findings are most important for home and school?
- How do the results relate to the concerns we shared?
- What are the first one or two steps we should take?
- What information should I share with my child's school or providers?
- What if I have questions after reading the report?

My notes and questions

We are here to help you understand the whole picture.

KindMind offers individualized psychological evaluations and additional family supports. Reach out to discuss whether an evaluation is a good next step.

kindmindeval.com | Winston-Salem, North Carolina

This guide provides general information. Your child's evaluation plan, appointments, and recommendations may differ depending on their needs.