

How Privacy Works in Your Child's Counselling

What Parents Need to Know

Supporting Your Child through Counselling

Counselling gives your child a safe space to talk, draw, play, and make sense of their feelings, especially during big changes like family separation. For this to work well, children need to know that what they share is respected and protected.

This handout explains how privacy works, what I can share with you, and how we can work together to support your child.

Your Child's Privacy

To help your child feel safe and comfortable, most of what they share in counselling stays private. This allows them to express themselves openly without worrying about upsetting anyone.

I will always protect your child's emotional safety and their right to have a space that is just for them.

Safety Exceptions

There are a few situations where I must share information to keep your child safe. I will speak with you if I become aware of:

- Someone hurting your child
- Your child hurting themselves
- Your child wanting to hurt someone else

If this happens, I will explain what I need to share and why, and we will work together to support your child.

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What I Can Share with You

I will keep you informed about your child's overall well-being and progress.

This may include:

- General themes we are exploring
- How your child is engaging in sessions
- Skills or strategies we are practising
- Ways you can support them at home
- Any concerns about their safety or well-being

This helps us work together while still protecting your child's privacy.

What I Cannot Share with You

To maintain trust and emotional safety, I do not share:

- Specific details or stories your child tells me
- Their private thoughts or feelings about each parent
- Their preferences about living arrangements
- Anything that could place them in the middle of adult conflict
- Information that could increase pressure or stress for your child

This boundary helps your child feel secure and supported.

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Working Together

You play an important role in your child's well-being. You are welcome to share any changes at home, school, or in routines that may help me support them.

If your child wants something shared with you, I will help them find the words so they feel heard and supported.

My role is to walk alongside your child, help them make sense of their feelings, and support their emotional safety — not to mediate between adults or make decisions about parenting arrangements.

Thank you for the trust you place in this space. My focus is always your child's well-being, and I'm here to support them as they navigate the changes in their world. If you ever have questions or updates you'd like me to know, you're always welcome to reach out.