

A Checklist for Finding a Team You Can Trust

Choosing the right provider for your child is one of the most important decisions you will make. This journey is about finding a team that not only has the right expertise but also shares your values. A compassionate and effective modern provider should always prioritize joy, partnership, and respect.

Use this checklist to feel confident during your search. It will help you ask the right questions and observe the crucial details that point to a truly supportive team.



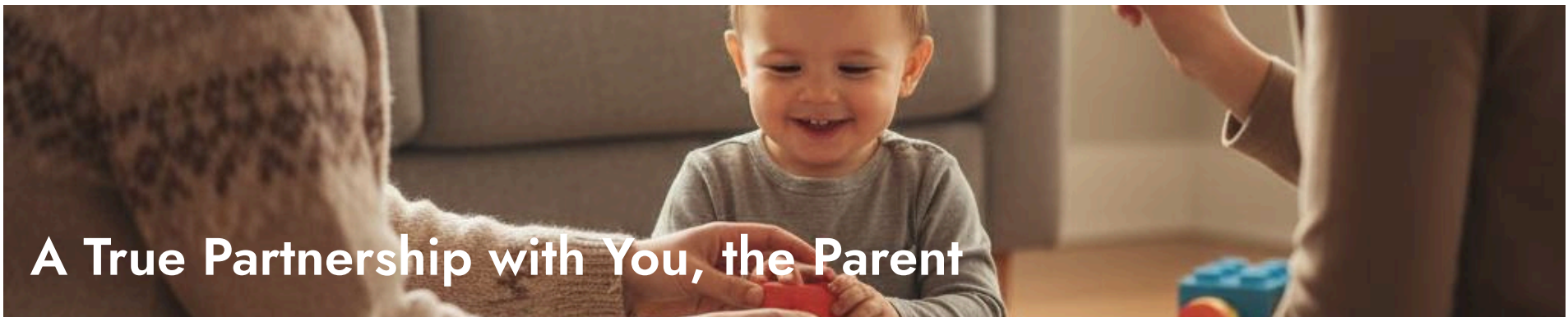
Effective learning happens when a child feels happy, safe, and engaged. The therapy environment should be a place of discovery and fun, not just work. Look for a provider who naturally integrates play into their approach.

Questions to Ask the Provider

- ☒ How do you incorporate my child's specific interests and favorite toys into the sessions?
- ☒ Can you describe what a typical session looks like? How much of it involves play-based activities versus structured tasks?
- ☒ How do you measure success beyond just meeting clinical goals? How do you track my child's happiness and engagement?
- ☒ What is your approach when a child seems bored, frustrated, or unhappy during a session?

What to Observe

- ☒ Do the therapists and staff seem genuinely happy and energetic?
- ☒ Is the therapy space bright, welcoming, and filled with a variety of engaging toys and materials?
- ☒ During sessions, do you see children laughing, smiling, and showing enthusiasm?



You are the expert on your child. The right provider will recognize, respect, and rely on your knowledge. This is a partnership where your voice is essential, and your involvement is actively encouraged.

Questions to Ask the Provider

- ☒ How will I be involved in creating and updating my child's goals and treatment plan?
- ☒ What kind of training and resources do you provide for parents and caregivers?
- ☒ How often will we communicate about my child's progress, and what format does that communication take (e.g., meetings, emails, calls)?
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What to Observe

- ☒ Does the provider listen intently to your concerns and answer your questions without using confusing jargon?
- ☒ Do they seem genuinely interested in understanding your family's daily life, culture, and specific needs?
- ☒ Is there a clear and simple process for parents to schedule time with the clinical team?



A modern approach honors a child's autonomy and feelings. The provider should actively seek your child's cooperation and respect their right to say "no." Assent (a child's agreement to participate) is a crucial element of ethical and effective therapy.

Questions to Ask the Provider

- ☒ What is your policy on assent? How do you teach and encourage your team to listen to a child's cues (verbal or non-verbal)?
- ☒ What happens if my child refuses to participate in an activity? Can you walk me through your process?
- ☒ How do you empower children to make choices during their sessions?
- ☒ How do you ensure that my child feels safe and respected at all times?

What to Observe

- ☒ Do therapists give the child options instead of only giving directives?
- ☒ Do therapists respond patiently and respectfully when a child shows signs of distress or refusal?
- ☒ Does the provider speak about clients, both past and present, with dignity and respect?

Making Your Confident Choice

Finding the right team is about finding the right fit for your whole family. Use these questions as your starting point, but don't forget to trust your intuition.

The best partnerships are built on a foundation of shared values and mutual respect. You are looking for a team that doesn't just work for your child, but with your entire family.

You are your child's most powerful advocate, and you have the power to build a team that will champion their success.