

Making the most of your OT session

Tips for parents and caregivers

Arrive on time. Our sessions are planned in advance for **50 minutes** of therapy. If you are late, your therapist will need to accommodate by reducing your session and what they have planned for your child's therapy.

Come prepared. Your child may have something to work on between sessions, or you may have questions that you want to talk about. Please try and bring these along. **A great tip** is to write any questions you have between sessions on the back of your therapists business card as a reminder. We also ask that you accompany your child to the toilet on your way into the clinic (even when they insist they don't need to!). Our therapists often need to pause sessions to take children to the toilet, which as you know, can take time.

Go for a walk. You are more than welcome to go for a walk or get a coffee while your child is in session, in fact, we encourage it! We do however ask you to **return no later than the 40 minute mark** to allow for parent feedback for the last 10 minutes of session. Our therapists want to touch base with you at the end of **each and every session.**

Remember - sessions are 50 minutes including parent time, not 60 minutes. Our therapists have 10 minutes allocated at the end of your session for note keeping and documentation to assist your child's ongoing therapy development. Please respect this time by leaving promptly with your child.

Leave on a good note. We understand that leaving can sometimes be hard. If your child needs assistance with leaving the session or the clinic, **create a plan** with your therapist on how this can be best achieved. Complete payment and any Medicare claims while your child is in session to avoid longer delays. Remember to take your child's drink bottle home with you.

Utilise parent only sessions - If you would like to discuss information that is not suitable to say in front of your child, or need more time for a parent/therapist conversation, please arrange a 'parent only session' in place of one of your child's future therapy sessions. Speak to your therapist or reception, as we are more than happy to arrange this for you.

Keep up the conversation - Emails to therapists are always read but may not be replied to straight away. Please be patient, as our therapists work with many families. Any pressing or other concerns can be directed to our Practice Manager who is always happy to assist.