

Children's Counselling for Parents



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Hello there! This is a short story about how you as a caregiver/parent can best support your child while attending counselling sessions.



Have you ever heard of the word **counselling** before?



Counselling is a place where the child can express through creativity, play, or words, in ways that help them to process emotions, learn new skills, or receive therapeutic support.



It can be tricky to know if something has come up during sessions with children, like a difficult moment or challenging task.



Counsellors do their best to be flexible and accommodating. If you think you may be more than 15 minutes late or your child is unwell we kindly ask that you reschedule so your child can get the most from their session.



Parents and caregivers are encouraged to support their child's journey with patience and understanding. Progress looks different for every child, so it's important to keep an open mind and respect their individual path.



When a child is upset, staying calm helps them feel safe and begin to settle. If your child hesitates to enter therapy, don't push or pressure them. Stay calm, relaxed, and let the therapist support them at their own pace.



Hello

Therapy is not a race! Even small steps, like sitting in the room or saying hello, are wins. Your patience shows safety and respect, the foundation for meaningful therapy.



Ideas to encourage a co-regulation mindset:

- How can I show you I'm present with you, and not judging you?
- What would it feel like to just hold space for you, instead of trying to change you?
- How can I show you I'm with you, not against you?
- Can I be the calm you need, even if I don't have the answers?
- What would I want your future self-talk to say to you?



Co-regulation is not about making
the big feeling go away, but about letting
them feel it in a safe space.



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