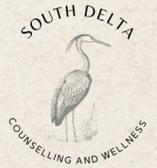




# COUNSELLING FOR KIDS



Making the decision to send your child to counselling can be so hard. We want to take a moment to acknowledge all the thoughts and feelings that went into this decision.

Your counsellor and you both want what is best for your child. Please read the following information so that you and your child can get the most out of this experience.



## WHAT IS PLAY THERAPY/COUNSELLING FOR KIDS?

Play therapy is a type of counselling that uses play like toys, games, art, or role-playing as a way for children to express their thoughts, feelings, and experiences. Because young children often don't have the words to talk about what's happening inside, play becomes their language. Through play, our counsellors help children explore emotions, practice coping skills, work through challenges, and build confidence in a safe, supportive environment.

## WHAT IS IT NOT?

There is often belief that counsellors can 'fix' the problems you are having with your child. Counselling is a space for your child to explore their thoughts, feelings, and experiences at their own pace, and the focus is often on supporting growth, coping, and understanding rather than "fixing" a specific behavior or problem. While it's natural to hope that certain issues will resolve quickly, progress in counselling doesn't always look like immediate solutions to the challenges you're concerned about. Instead, it's about helping your child build insight, resilience, and new strategies that can eventually lead to positive changes sometimes in ways that differ from what we initially expect.

## CONFIDENTIALITY

In counselling, confidentiality is an important part of helping children feel safe and comfortable to share openly and make meaningful change. While parents have the right to be informed and involved in their child's counselling process, it is also important for the child to know that what they say in session will not be shared word-for-word with their parents. This helps build trust and allows counselling to be more effective. If something arises that parents should be aware of, the counsellor will work with the child to help communicate that information in a supportive and appropriate way.

## WHAT IS THE PARENTS ROLE IN THERAPY

We believe that you as the parent are the most important person in the child's life. Counselling is often short term, but your relationship with lasts so much longer. It is important that alongside your child getting counselling, that you are also adjusting your parenting in response to your child's behaviour.

## RESOURCES FOR YOU

We cannot stress enough how much your parenting and approach can positively impact your child. Here are some books and resources we recommend checking out, even before your child starts counselling.

Good Inside by Dr Becky (Book, podcast, Online Community)

Parenting From the Inside Out - Daniel Siegel  
Raising Kids With Big Baffling Behaviours - Robyn Robbel

Circle of Security - Book or Parenting Courses

