My First Therapy Visit Picture Plan

Prepare practical questions and comfort choices without revisiting difficult memories.

WHY THIS ACTIVITY EXISTS

This two-page kit helps with everyday communication or practical preparation. It is not an assessment or a clinical exercise. If your child is not interested, skip it.

HOW TO USE IT TOGETHER

Tell your child only what you know about the visit. Check practical details with the clinician rather than promising what will happen.

THREE SMALL STEPS

1. Circle one thing you want to ask about your visit. 2. Draw an item that might help you feel comfortable. 3. Choose how you would like to ask for a pause.

WORDS TO TRY

Say something like: “I have a question about my visit.” Let your child change the words, point, draw, or decline.

WHEN TO STOP

Do not ask your child to rehearse, describe, or record upsetting experiences.

MAKE IT ACCESSIBLE

Read aloud, write for your child, use pointing, or do just one part. This is a conversation invitation, not homework.

My First Therapy Visit Picture Plan

This page is yours. You can change it, skip it, or make it your own.

1 Circle one thing you want to ask about your visit.

2 Draw an item that might help you feel comfortable.

3 Choose how you would like to ask for a pause.

MY DRAWING OR NOTES

You may want to choose:

[ ] Where will we sit?

[ ] What if I need a break?

[ ] Can I bring my comfort item?

[ ] Can I draw instead of talk?