

Many parents are surprised to learn that what happens at home and school is actually more important than what happens with the therapist. Therapy is similar to music lessons. If someone takes piano lessons, his or her teacher reviews progress and assigns new things to practise. But if that person does not practise at home, he or she will never learn to play the piano. Similarly, a parent who is unable to practise new techniques and activities assigned by the therapist is unlikely to get the best results with his or her child.

Therapists can act as coaches to help you develop new skills to handle challenges at home. Ask for help when learning new skills, practise them together and make sure you feel ready to try them on your own.

The more energy and enthusiasm your family can commit to the programme, the higher the priority of the programme may need to be. This may mean that the programme may need to come before other things, like school plays, sports events, or family travel.

If you are willing to work hard in the short term, you and your child will have better long-term results. For example, it can be tempting just to drop your child off somewhere after school to have fun, leaving him or her in a good mood