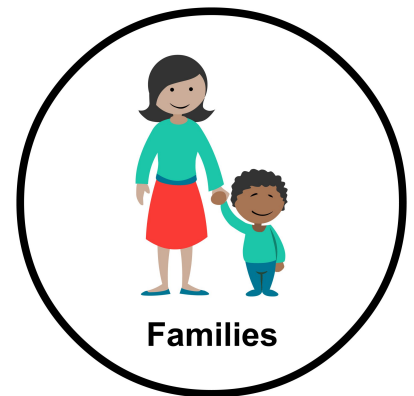




Why are therapists family focused?

TOPIC:



Why are therapists family focused? Why do we have to be involved?

WHAT:

Therapists talk about being “family centered” or “family focused” all the time. What does it mean? Why are therapists family focused?

WHY:

We know that children learn the best off their parents. That is because they love their parents and their parents love them (we call this secure attachment). When a child falls over, they want to run to their Mum or Dad to get reassurance about

the world.

When accessing therapy, it is better for the therapist to teach the Mum or the Dad how to do the intervention as the child learns faster and better off them (rather than the therapist). This means that families get a better quality therapy and goal outcomes (because the little ones are learning faster and better off Mum and Dad) but also more value for money as they are able to take bits and pieces and add them into their daily life at home (which means therapy continues more than just in the session).

Sometimes parents can get caught up on having to do 'everything' when it comes to therapy home programs. While doing everything prescribed is awesome, even just focusing on one or two things will still be beneficial (as kids learn best of Mum and Dad).

HOW:

Just be involved in therapy! Ask your therapist about the one or two things they would like to you focus on between sessions.

And of course loving, enjoying and playing with your child (whether they have additional needs or not) will improve their development!!

WHO:

Who can help?

GPs, teachers, child care staff, other parents, OTs, Speechies, Psychologists, community nurses.

KEY TIPS:

Love your child, [play](#) with them!