Checking in - Questions to Ask Yourself (use this every 4-6 weeks)

[ ] Do I see improvement in my child's mood, behavior or physical symptoms?

[ ] Is my child meeting their goals?

[ ] Does my child like their therapist?

[ ] Is the therapist communicating openly and regularly with me?

[ ] Is the therapist accessible to my child?

[ ] Do I think the therapist is helping my child?

[ ] Do I think the therapist is the right fit for my child?

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