

# Preparing your Child for an Online Assessment

## How to explain the process:

If you're having difficulty finding the words to explain why your child is undergoing an assessment, it is often helpful to mention the following:

- They will be talking with different people about what they are really great at and what is harder for them.
- If your child is having difficulties within the classroom or with focusing, and is aware of these challenges, you can let them know they will be meeting with an awesome team who will help them understand their brain and give some useful tips on ways to support their specific learning style. You can let them know we do this for kids all the time... and for adults too.
- They will have a safe space to talk about their feelings and anything else they want us to know.

**Hot Tip!** If your child is feeling anxious about their upcoming assessment, it may be helpful to visit our website and let them look at pictures of the team members they will be meeting.

## What you will need:

- Please ensure you and your child have a private space where each of you can speak with the team privately. While you will be involved in your child's assessment, it is important for your child to meet with team members alone. This can be done with headphones or setting up the computer in a room with a door that closes.
- Ask your child to bring a couple of their favorite toys to show the team members. This will not only help build rapport with the team, but will also allow your child to feel more comfortable.
- Snacks! The assessment process can feel long to a child and we want to make sure they keep their energy levels up.
- If possible, having some paper and pens/pencils/colouring materials will be beneficial, as brief academic activities may be used to further assess your child's learning needs, and some children like to doodle while they chat.

## Useful information:

- At Springboard Clinic, we strive to make sure you and your family feel heard, understood, and comfortable throughout the assessment process.
- At times, your child may need a break - this is okay! We are happy to accommodate (and even encourage!) brain/energy breaks as needed.
- Once the assessment is complete, if you are unsure about how to explain the results to your child, we are always happy to provide a separate child-friendly feedback with one of our team members.