



Holistic Child and Family Practice, NPPS

An open letter to parents:

Hello!

If you're reading this, you're probably a parent or guardian. Maybe your child is on our waitlist, or already in our services, or you're still exploring your options and seeing what's out there.

First off, please know that your dedication to your child's happiness and development has not gone unnoticed. Your commitment to providing them with the support they need speaks volumes. It is a privilege to be a part of this process alongside you.

Many families come to us with big hopes about what therapy can do. Many come with concrete goals and expectations. And for many, this is their first experience with therapy.

So let's take a minute to talk about what to expect, and what therapy can and cannot do for your child.

We CAN promise to:

- Create a safe space: a space where your child feels safe to explore their emotions and identities, and is celebrated for everything that forms those identities
- Support your child in developing a secure attachment with their clinician, as healing and growth happen in the context of secure relationships
- Have your child be the expert and leader of their own therapeutic journey
- Support your child in understanding their own emotions
- Facilitate self-expression and emotional regulation and self advocacy
- Put you in touch with appropriate referrals whenever possible
- Celebrate your kids for the whole humans they are

We CANNOT promise:

- Immediate results
- The particular results you might be hoping for – while we take your knowledge and hope for your child into account, we practice client-led therapy – for kids as well as adults!
- Disclosure (non safety related) - We will always seek guidance and consent from your child about details we may share with you
- To replace community

As adults, it's easy for us to come in with big ideas of how to solve our kids' problems. And hey, sometimes we might even be right.

But a kid's job is being a kid. They're still figuring this out. And the best thing we can do is give them the space and support to do so. That might mean showing up to session and waxing poetic about Minecraft for a month straight, without mentioning that D in English that all the adults are so stressed out about.



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Kids have so few spaces where they are the ones in charge. This will be one of those spaces. It's okay, and we will get back to that English grade in time.

Many of the goals we have for our children relate back to foundational skills - frequently in ways that we don't realize. When we allow a child to take control, feel safe, and explore, they are able to approach difficult areas with curiosity rather than shutdown or explosion. They are better able to identify their needs and take steps to get them met. They get to learn what doesn't work, and notice what does. They get to know themselves better, which helps them advocate for themselves. And when they are able to do these things, they begin to have more space and energy to improve that D in English.

Progress in therapy is often not linear, and success might look different than we first expected. Often, it can feel like you are standing still, but when you look back across months of work, you can see how far you've really come.

We ask all clients that come through our doors, but especially parents of young children, to trust in the therapeutic journey and their child's innate capability to reach toward healing.

Wherever your child is at, we'll meet them there, and be with them through the journey. We're glad you're here.