

Top Tips for Therapy Success

At Young Allied, we will endeavor to provide regular homework for you to complete between sessions. We believe that home practice is an essential element of the therapy process and that a once-a-week therapy visit will not 'fix' any client (or at least the progress will be a lot slower than it could be!). Every parent wants to know the answer to the golden question – how long will therapy take? While it is impossible to determine the answer to this question, there are some universal rules that improve prognosis and get you out of therapy faster.

Here's our top three quick tips to help you get the most out of therapy:

1. Be consistent.

Make sure you're on time and keep your appointments. Each session builds on previous ones and it is important to keep the momentum going with progress. Too long between sessions can cause the child to forget a skill they learnt in the previous session, which means instead of moving forward, we will have to re-hash the previous lesson. This is different to children who require several sessions to master a particular skill. This refers to skills that are acquired during therapy – we like these not to be forgotten before our next session!

2. Do your homework.

We wish that our 45 minute sessions once a week or once a fortnight was enough, but we can be honest with you, it's not. It is absolutely critical to do your homework to ensure retention of learning and generalization of skills to other settings. The bottom line is, children who do regular homework make faster progress. If you want to get out of therapy quick? Do homework.

3. Give it time.

Therapy is a process, not a magic pill. We have no magic wands and success takes time and dedication. Progress is influenced by many factors. As your child progresses, we can adjust our therapy goals to ensure they continue to grow and develop. But reduce your frustration by being realistic about expectations – therapy can take anywhere from several months to several years, depending on the issue. This is even with your therapist completing the best evidence based practice and you completing your homework activities. It still takes time, but it will be worth it in the end when your child improves their independence, communication and feeding skills!