



<https://amyfowlertherapy.com/child-therapist/adhd-therapist-haslet-fort-worth/>

The First Therapy Appointment: How to Prepare Your Child (and Yourself)



Booking your child's first ADHD therapy session is a brave, loving step forward—but let's be honest: it can also bring up nerves, questions, and even doubts.

- *What will the therapist ask?*
- *Will my child cooperate—or even want to go in?*
- *What if I get emotional?*

- *How do I explain this to my child without making it feel scary?*

At **Amy Fowler Therapy in Fort Worth, TX**, we're here to help you walk into that first appointment feeling calm, prepared, and supported.

This guide will show you exactly what to expect—plus tips for setting your child (and yourself) up for success.

What Happens Before the First Session?

Once you've contacted us and scheduled your appointment, here's what comes next:

Paperwork & Intake Forms

Before the first session, we'll send you digital intake forms to complete at your convenience. These give us insight into:

- Your child's behavior, emotions, and development
- Family dynamics
- School performance or concerns
- What you hope to gain from therapy

All information is kept confidential and helps us tailor the experience to your child's needs.

What Happens During the First Session?

Every child and family is different, but here's a general flow:

Parent & Child Together (Or Separate, Depending on Age)

We may begin with:

- A few minutes together as a family

- Or separate time: parents first, then the child joins in

If your child is shy or hesitant, we'll ease them in gently through play or nonverbal activities—no pressure, no rush.

Getting to Know Your Child

We'll observe how your child plays, responds, and interacts. No tests. No judgment. Just building comfort and trust.

Parent Collaboration

We'll ask you questions like:

- What's working at home—and what's not?
- When are behaviors most challenging?
- How does your child respond to discipline or transitions?
- What do you most want to see change?

You'll also have space to ask questions of your own. This is a partnership.

How to Explain Therapy to Your Child

Use simple, encouraging language based on your child's age. Here are some examples:

- "You're going to meet a helper who will play with you and help with big feelings."
- "This is a special place where you can talk, draw, and learn how to stay calm and focused."
- "It's kind of like school, but you get to be the only kid there—and it's all about YOU!"

Avoid saying things like "You need to behave better," which may cause shame or resistance. Keep the tone light and supportive.

What to Bring (and What Not To)

Bring:

- Your completed intake forms
- Any reports or evaluations (IEPs, testing, etc.)
- A list of questions or concerns
- Comfort items for your child if helpful (fidget toy, blanket, etc.)

Don't Worry About:

- “Performing” or explaining everything perfectly
- Dressing a certain way
- Having all the answers

We're not here to evaluate your parenting—we're here to support it.

How Your Child Might Respond

Every child is different. Some jump right in. Others are quiet, silly, nervous, or even resistant. That's okay.

We're trained to meet children where they are. There's no right or wrong way to start therapy.

Over time, we'll build trust—and your child will come to see therapy as a safe, empowering space.

How You Might Feel (And That's Okay Too)

Many parents feel a mix of relief, guilt, sadness, and hope.

- *“Why didn't we do this sooner?”*

- *“Will this really help?”*
- *“I hope they don’t think I’m a bad parent.”*

We get it. And we’re here to remind you:

Seeking help for your child is an act of love—not failure.

You’re doing the right thing. And we’ll walk with you the whole way.

What Happens After the First Session?

After your appointment, you’ll typically:

- Receive a follow-up with observations and recommendations
- Discuss whether weekly sessions make sense
- Begin outlining goals for your child and your family
- Schedule the next session

We’ll also give you tools to start using at home right away so that progress begins between visits—not just during them.

Why Families Trust Amy Fowler Therapy

We’ve helped hundreds of Fort Worth families feel less overwhelmed and more connected.

Parents choose us because we offer:

- ✓ A warm, non-judgmental environment
- ✓ ADHD specialists with years of experience
- ✓ Play-based and cognitive-behavioral approaches tailored to kids
- ✓ Practical support for parents—not just the child
- ✓ A proven track record of transforming chaos into calm

We’re not just a therapy practice. We’re a partner in your parenting journey.

Take the First Step With Confidence

Whether you're feeling nervous, excited, or somewhere in between—we're ready to meet you with compassion, clarity, and care.

 **Call Amy Fowler Therapy today to schedule your child's first appointment.**

Company Description

Amy Fowler's approach to therapy is rooted in radical empathy, ensuring that every client feels deeply understood and supported. She is dedicated to creating a safe, nurturing environment where children, teens, and women can explore their emotions and challenges without judgment. Amy's genuine compassion and commitment to her clients' well-being make her a trusted and effective therapist.

Contact Details

Amy Fowler Therapy

3348 Peden Rd Ste 407, Fort Worth, TX 76179

(817) 239-9996

Website: <https://amyfowlertherapy.com/child-therapist/adhd-therapist-haslet-fort-worth/>

Google Site: <https://sites.google.com/view/amyfowlertherapy/adhd-therapist/>

Google Folder: https://drive.google.com/drive/folders/1HFeYlogQsTBI4EsZGrV0gK4CsDEqvDQ1?usp=drive_open

Recommended Resources

<https://mgyb.co/s/dFMRz>

<https://mgyb.co/s/oshGp>

<https://mgyb.co/s/DbUPm>

<https://mgyb.co/s/aFRes>

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Recommended Profiles

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