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Why and How Do We Provide Therapy in Natural Environments?

Capable Kids provides therapy in the natural environments such as the home and other community settings because we believe that this is the best environment for children to learn and grow and for their families to learn how they can help their child on an everyday basis to continue this growth and learning. On your first visit, we would like to explain to you how this therapy is provided and the role you play in this process.

What Will Each Session Look Like?

Parents often wonder "What is 'therapy' going to look like?" Each time we meet with your family at your home or in another community setting, we will start by asking you how the past week has gone. Did the strategies and suggestions we discussed work? Did your child do anything new and exciting in the last week? Are there suggestions that did not work that we need to change? Do you have any new concerns about your child? We will then interact with you and your child during your daily routines or play activities using different strategies to shape your child's learning. We will make suggestions about what strategies can be incorporated over the next week. At the end of the session, we will review what we learned about your child and discuss which suggestions would be easy for you to implement over the next week. It is often helpful to keep an on-going notebook of suggestions therapists are making and progress that has been noted from week to week. This can serve as a way for the different therapists on your child's team to share information with each other and as a reminder to you of what activities and strategies you want to incorporate over the next week. Over time, this notebook can become a memory book for your child and the growth he or she has made.

Your Therapist's Role

- Each therapist is trained in their area of expertise and receives on-going education in this area. They bring this knowledge to you to provide suggestions and strategies to help you and your child meet your goals.
- Your therapist will help you determine what 'the next steps' are in your child's growth and development.
- Your therapist will listen to your concerns and ideas and act as a 'sounding board' to you.
- Your therapist will spend time interacting with your child, building rapport and learning about your child.
- Your therapist will model activities with the child that you can try with your child
- Your therapist will share resources she knows of in the community.
- Your therapist will collaborate with other members of the team working with your child.

Your Role as a Family

- You are the expert on your child and will help your therapist to know your child's strengths and weaknesses and likes and dislikes.
- You will give ideas about strategies you can incorporate at home and be honest about what suggestions will not work with your daily routines.
- You will observe your therapist try new activities or techniques with your child and then practice them yourself with your child
- You will incorporate strategies and suggestions throughout the week that you and your therapist have discussed.
- You will let your therapist know of your child's progress during the week and what strategies worked and which ones did not work.

What are Your Family's Concerns?

You have requested therapy for your child because you are concerned about his or her growth and development. It is important to share these concerns as this will help your therapist target goals for your child that are important to you.

What are Your Family's Routines?

Your child is constantly learning throughout the day during various activities and in a variety of settings. So tell us what your family does on a daily or weekly basis as all of these activities can be used to teach your child and help him achieve his goals. Let us know of play activities, household chores, and natural routines such as mealtimes and bathtime. Think of different outings you go on such as shopping trips, visits to the library, or trips to the park. We can build our therapy strategies and suggestions around all of these activities.

What Materials Do You Have In Your Home That Can Help Achieve Your Goals?

Throughout the day, your child is learning and exploring with toys and household objects that you have. Your child will learn different skills based upon the toys and household objects that she plays with. Let us know what types of items you have so that we can help you brainstorm which ones will help your child achieve his goals and how you can use these to teach your child. We will incorporate these materials into our therapy sessions.