



Parent Perspective – Engaging in therapy

Tracey, Mother of Ryan

Therapy is about coaching families on how to teach their children, it's not about someone taking over and teaching the child, it's how therapists help parents understand the needs of their child and it's how the parents and the family then work together to bring the best outcome for that child.

We have spent a lot of hours in therapy but it has been so many more hours at home out of therapy, I think that can seem very daunting. When you first start reading the literature and they are saying 20 hours per week in the home, it just seems huge and particularly because you don't know where to start. To get to that stage where you are getting that coaching from the therapists and you are starting to bring it in at home, we found that in our family it didn't work to say well ok, at 5 o'clock every day we do an hour that just went right out the window. It was - this moment right now we are trying to implement some of what we have been taught, some of the coaching we have had and we kept taking those moments and it just becomes a way of life. You know when you can't push and you know that this is a moment when you can, so that's what you do. It's like teaching a typically developing child, you pick your moment. I think it's not just a challenge for families; it's a challenge for therapists to try and engage families. This huge amount of time that you need to invest just seems overwhelming on top of all of the other challenges that you have. Everything that you are trying to do as a family, just in a typical family; trying to cope with work and family commitments and friend commitments, you are trying to bring the best out for your special needs child.

It just becomes so hard to wrap your head around; what do I need to do? how am I going to fit it in? You need to have these little moments and these little breakthroughs, the first breakthrough is just gold, it's absolutely gold because you get that first inkling of the potential and it's just amazing.

*** This is an approximate transcription only; minor modifications have been made to assist the reader*