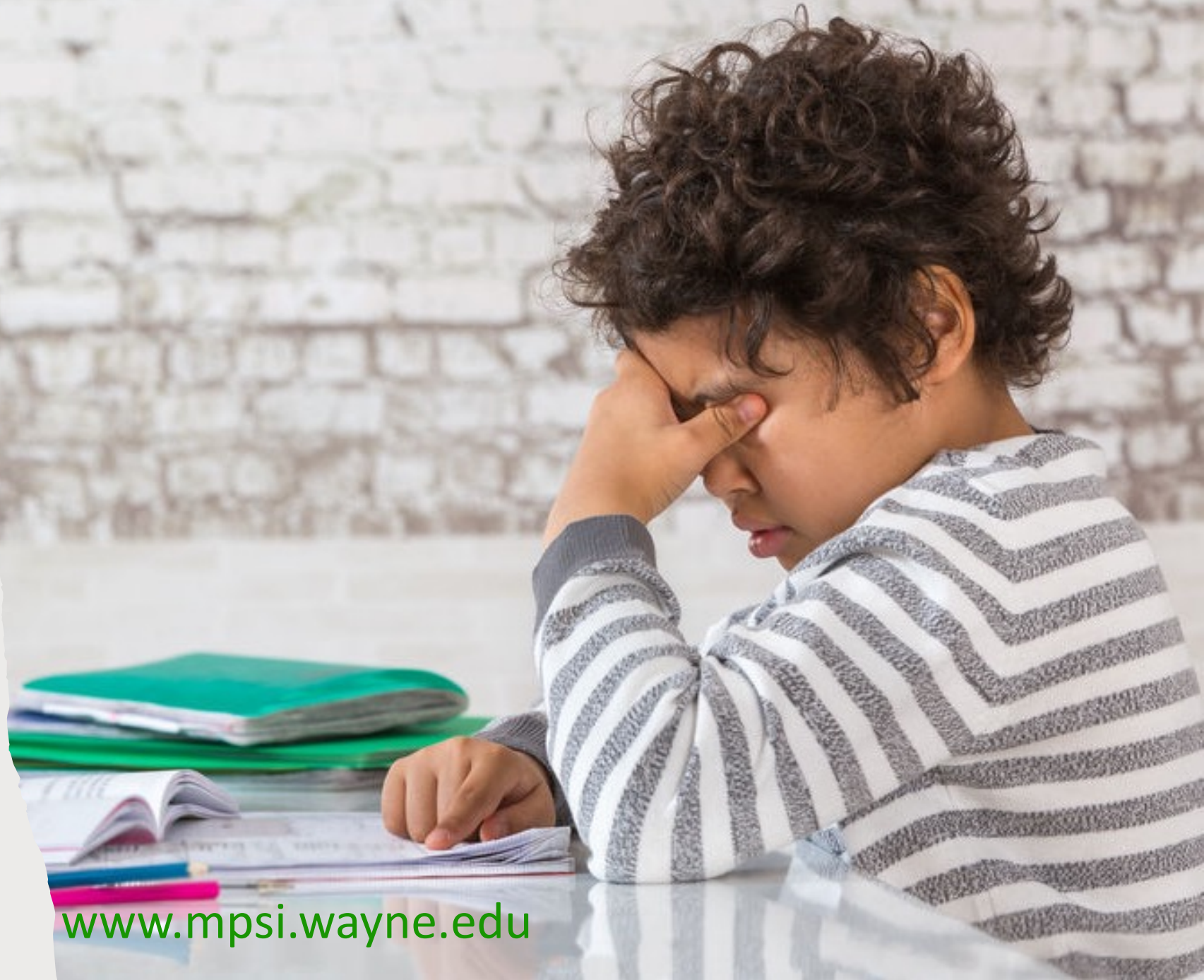


My Child Is Struggling

Assessments and Testing

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Children
May
Struggle
in Many
Ways

Physically

Academically

Socially

Emotionally



Who May Suggest Testing/Evaluation

- Teacher
- School social worker/counselor
- Pediatrician
- Family member

Why Parent May Delay Testing/ Evaluation

Child will outgrow it

Child shows different behaviors at home

Does not want child labeled

- Bullied
- Singled out
- Denied opportunities

Does not want a “forever diagnosis”

Why Child Might Show Different Behaviors at Home Than at School/Center



What's Different At Home

- Familiar environment
- Fewer children
- Less changes/transitions
- Less social interactions
- More control of pace of day
- Fewer academic expectations

Normal Emotions Around Having Your Child Tested/Evaluated

Denial

- Not believing information that is being shared about your child
- Choosing to interpret information differently than others

Anger

- This is not what I'd hoped for
- Why is this happening to my child and family

Guilt

- Did I cause or contribute to the problem
- Why can't I fix it

Normal Emotions Around Having Your Child Tested/ Evaluated

Fear

- How will a diagnosis affect my child's potential
- How do I meet my child's needs
- Will things get worse
- What if the diagnosis is wrong

Concerns about Perceptions

- Will people judge my parenting
- Will people embarrass/shame my child

Questions to Consider Before Delaying Testing/Evaluation

- What supports are needed to support my child
- Can my child receive needed support without a diagnosis
- Are there needed supports that are only available with a formal diagnosis
- How will it impact my child if he continues to struggle without needed support
- Is reaching out for help something that I need help with as a parent



When You Decide to Seek Testing/Diagnosis *Build a Team*

Pediatrician, Social Worker, Early Intervention Programs, School Psychologist

- Understand the process
- Prepare your child
- Navigate insurance coverage
- Interpret test results
- Consider options
- Put support in place
- Evaluate support



Benefits of Appropriate Support

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Appropriate support can help you



- Better understand your child's challenges
- Choose a path that best meets your child's needs
- Be in the position to effectively advocate for your child
- Develop strategies that lessen your child's struggles
- Recognize that the diagnosis does not define your child