

Once you've obtained feedback from your child's testing

What if my child receives a diagnosis?

Your child remains the same person they've always been. If your child has received a diagnosis, it simply indicates that some of your child's symptoms and behaviours align with the criteria for that diagnosis. This can offer valuable insight and direction for both you and teachers in understanding your child's strengths and support needs.

Understanding your child's needs can facilitate adjustments to their environment and your expectations, ensuring they have the support necessary to reach their potential.

Providing Feedback to Your Child

Creating a supportive dialogue about psychological testing results with your child can strengthen understanding and cooperation.

Start by affirming your child's strengths, noting how these can help them tackle any challenges.

When talking about strengths, you might say, "Just like Spider-Man has his web-slinging skills, you have a fantastic ability to solve puzzles quickly, which is your superpower."

When discussing areas for growth, frame these as opportunities rather than deficits, emphasising that everyone has unique skills and improvement areas.

For areas to grow, consider, "Even superheroes have things they want to get better at, like maybe Superman wants to be sneakier. It's just like how we talked about working on reading out loud – it's another skill to master!"

Use clear, age-appropriate language and examples to explain the findings and recommendations.

Use simple examples, "Remember when we worked on math problems and found new ways to solve them? That's a strategy we'll use more."

Encourage questions, allowing your child to express their feelings and concerns.

Encourage questions with, "What do you think about trying a new way to make reading as fun as playing your video games?"

Lastly, highlight the action plan, focusing on how you'll work together to support their development.

Ideas to discuss the action plan, "Let's make a plan together, like building a LEGO set, where each piece helps us build something awesome." This makes feedback a collaborative, encouraging experience.

It's important to reinforce your child's effort rather than just the outcome, e.g., "I can see you've put a lot of effort into that".

This approach ensures the conversation is positive, constructive, and empowering for your child.

It's important to acknowledge your child's feelings and validate their experiences. You could say, "It's okay to feel different, as everyone has their unique strengths and challenges.

Your testing has helped us understand how your amazing brain works, and it's these differences that make you so special. Remember, there's no one else quite like you, and that's something to be celebrated. Let's use what we've learned to help you do your best and show the world just how awesome you are, in your own way."