



What To Have Ready for Session One

Session one is about comfort and rapport, not performance. Your child doesn't need to prepare or prove anything – and neither do you. This first visit is simply your therapist and your child getting to know each other in a place your child already feels at home. A few small things make the day go smoothly.

A LITTLE PREP GOES A LONG WAY

- ☐ **A comfortable-ish space to work.** A corner of a room is plenty – somewhere your child can settle in.
- ☐ **A few favorite toys, games, or activities** nearby and within reach.
- ☐ **Snacks or small treats your child enjoys.** These often make wonderful reinforcers.
- ☐ **A short list of recent wins** – things your child has newly started doing, said, or enjoyed lately.
- ☐ **A short list of current challenges** – the moments that feel hardest right now.
- ☐ **A note or two about your household routine** – mealtimes, naps, screen time, bedtime.
- ☐ **Who will be home during sessions.** A parent or caregiver should be present, especially early on.
- ☐ **A quick parking or entry note for your therapist** – buzzer code, which door, or where to park.

If the first session looks a lot like play, that's by design. Building trust comes first – the skill-building grows naturally from there. Come as you are, and let us do the rest.

Questions before the visit? Call **(718) 400-2683** or email **info@coveaba.com**. We're a message away, really.