



Tips for a Successful Visit

Preparing for the Appointment:

- Schedule a time with staff to bring your child in a few days before to allow them to explore and meet everyone
- Read social narratives to your child for several days prior to your appointment (These can be found on our website and Facebook page)
- Review visual schedule of appointment procedure with your child the day before and of your appointment
- Bring calming items and favorite rewards to the appointment
- Notify staff of any common triggers for negative behaviors and communication methods
- Complete all online forms and paperwork

Dressing for the Appointment:

- Comfortable clothes
- No tight pants/shorts
- No skirts
- Can remove shoes if preferred
- Take off glasses during massage and adjustment
- Take off jewelry

Throughout the Appointment:

- Give staff a warning if you see any signs of anxiety or escalating behavior
- Allow your child to use a distraction item (tablet, music, etc.) as needed
- Aide in communication between patient and staff