
Preparing Your Child For An Evaluation

Infants and Toddlers

Evaluation Process: Parents will be with their infants and toddlers for the duration of the evaluation. While engaged with table-top tasks, infants will be seated on their parents' lap. Toddlers will sit independently at a child-size table. Infants and toddlers usually find the developmental evaluation to be enjoyable as they are presented with novel items they can manipulate and explore. It is also challenging so your child should be well rested and free of illness that might affect alertness or ability to function.

Preparation: Please ensure your child is fed prior to the evaluation, so hunger won't interfere with the evaluation. *We advise avoiding foods high in sugar content as that may induce brief periods of heightened alertness followed by fatigue*, which is unsuited to the challenges of the evaluation. Some parents find it helpful to bring snacks in case your child gets hungry after the evaluation (e.g., cheerios or crackers and milk or juice in a spill proof cup). The temperature in the clinic varies, so dress your child in layers that can easily be added or removed. Also, please bring extra diapering supplies.

Twins or Triplets: For twins and triplets, we ask one adult per infant or toddler be present for the evaluation so that each child can be tested at the same time in separate rooms with a familiar adult present. If not possible, feel free to schedule separate appointments for the evaluation of each child.

Older Children

Informing Your Child: Most children associate, "doctor" with the unpleasant experience of vaccinations or shots. Please have a brief age-appropriate conversation with your child before the evaluation and let them know the doctor they are seeing does not give shots or other unpleasant procedures. Let them know we are here to help them learn and do well in school, that we are looking forward to seeing them, and that they will be engaged with us in activities such as playing with puzzles and blocks, looking at pictures, and talking. Let your child know that you expect them to put forth good effort.

Waiting Parents may be asked to wait in the waiting area during the evaluation, as sometimes the presence of parent(s) can be distracting for a child. We may also want to evaluate your child's behavior independent of family factors, which can impact problem solving and behavior. Please do not bring siblings or other relatives. We cannot provide supervision.

Rest: To ensure your child's optimal performance it is important that your child is well rested. Please make sure your child has slept well the previous night and has followed bedtime routines. A child who is tired will not be able to perform well resulting in scores that underestimate true abilities.

Breakfast/Food: Provide a high protein breakfast for your child to help maintain even focus and concentration. Your child should not consume any caffeinated beverages or foods high in sugar content prior to the evaluation sessions. Both caffeine and sugar induce brief periods of heightened alertness followed by fatigue, which is unsuited to the consecutive challenges of the evaluation sessions.

Clothing: The temperature in the clinic varies, so dress your child in layers that can easily be added or removed. A child who is cold or too warm will have difficulty sustaining their attention and efforts.

Should you have further questions, please contact our clinic: 847.570.2208