



Brochure 'What happens at the School Psychology Service?'

Registration with the School Psychology Service frequently triggers fears, not only with children, but also with their parents. Here are a few tips about how you can prepare yourself and your child for a visit to us.

Why go to the SPS?

Explain to your child calmly and clearly why you or the teacher have decided to make use of school psychology help. Accepting school psychology help is not a weakness and does not leave negative traces with specialists (teachers, therapeutic educationalists, speech therapists), quite on the contrary.

Do not lead your children up the garden path, do not get them to believe anything that isn't true. Children notice if you try to deceive them or beat about the bush. Address the problems, make it clear to your child that neither you nor the teacher can solve this problem at the moment and therefore advice is needed from the outside. Do not water the problem down, but call it by the correct name. School problems are normal, as is accepting help in order to solve the problems.

What is the SPS and what takes place there?

Although we are called "school" psychologists, we are not the school. We do not give any grades, you are also allowed to complain about the school to us. We will play with your child, but we will also demand performances. They look different from the performances at school. We do not talk about tests with the children, but about puzzles and tasks. Children enjoy solving puzzles, which is why they are always very motivated to join in our clarifications. Please also try to avoid the word "test" at home.

We demand a lot from your child. Nevertheless, most children do not have any bad memories of our clarifications, many of them would even like to come back again. That has

something to do with the fact that your child enjoys the complete attention of an adult for some time, which is never the case at school.

If your child does not wish to stay with us on his/her own, we will make a lot of efforts to make sure that your child feels at home with us. At the start of the examination, you can stay with your child until he/she is willing to stay with us alone. However, the parents should not be present in the test situation, because the children are distracted again in this way or want to show their parents how well they can do. But this causes stress, which can also have a negative effect on their capability.

What else must you take into account?

- If your child wears glasses, it should also wear them in the examination.
- We cannot do examinations with sick children. If your child becomes ill, please cancel the appointment, if need be at short notice.
- Important social events such as class trips or birthday parties are also a reason for cancellation. However, please let us know in good time.
- You are an important role model for your child. Please try to be positive and open-minded towards the clarification. Then, your child will also not come to the examination with negative feelings.

We look forward to getting to know you and your child.