

















BlueRocket Therapy – Your First Appointment

👋 Welcome! At your first appointment, we want to get to know your child and your family. There are no right or wrong answers - you know your child best. We will talk through the following areas:

About Your Child <ul style="list-style-type: none">👤 Name, age, what they like to be called★ Things they love or are proud of🎯 What you and your child want help with	Family & Culture <ul style="list-style-type: none">🏠 Who is in your family🗣️ Languages spoken at home❤️ Routines, values, or beliefs that matter
Past Supports <ul style="list-style-type: none">💡 Has your child had therapy before?👍 What was helpful👎 What was not helpful	Home, School & Community <ul style="list-style-type: none">📚 School, childcare, or kindy✅ What feels easy❌ What feels tricky
Daily Routine <ul style="list-style-type: none">📅 What a normal day looks like😊 Times that go smoothly🌙 Times that are harder	Tools & Supports <ul style="list-style-type: none">📱 iPad apps / AAC♿️ Mobility aids🎧 Sensory tools

<p>Talking & Understanding</p> <p> How your child communicates</p> <p> Talking, listening, or social challenges</p>	<p>Moving & Playing</p> <p> Running, climbing, balance, coordination</p>
<p>Daily Living</p> <p> Eating & mealtimes</p> <p> Dressing, toileting, brushing teeth</p> <p> Managing at school or kindy</p>	<p>Sensory & Feelings</p> <p> Sounds, lights, textures they like or avoid</p> <p> How they respond to stress or change</p> <p> What helps them feel calm</p>
<p>Goals & Hopes</p> <p> What is going well</p> <p> What you'd like to change</p> <p> Something your child would love to do</p> <p> What life could look like in 6–12 months</p>	<p> Remember: You don't need to prepare a lot. We'll talk it through together.</p>

Need to change your appointment?

Contact us on 08 6384 4451 or hello@bluerockettherapy.com.au