

What Is A Parent Only Meeting?

Usually, your Therapist/Key Worker will involve your child in sessions. However, there may be times when a 'Parent Only' meeting is a better option to help reach your goals.

Families often think that their therapist or educator must follow the traditional approach and work directly with their child in order to achieve outcomes. However, what is most important is that we work together with you to reach your goals. This is where Parent Only meetings can help.

At Plumtree, we believe that families are the experts about their child. We as professionals will come and go, but families are always an integral part of children's lives. That is why we work regularly and closely in partnership with you to help meet your goals. Together we plan and then we do. This approach gives us confidence that we are using your resources in the best way, so that together we reach the outcomes you want for your child. To do this efficiently it can be helpful to have a 'Parent Only' meeting.

Some examples of when this might be a good idea are when

- We need to have a longer conversation to review how things are going. Have your priorities changed? Is the situation different now? Are you ready for a change in approach?
- It is not appropriate for your child to listen into the conversation between you and your therapist. Children understand more than we think and it is important that we distinguish when it is not in their best interest to be listening to our conversations. As children get older, it can be a good idea to increasingly include them in such conversations, but for young children there will be times when it is a good option to have a conversation without them present.
- You would like to focus deeply on a priority or strategy to achieve a goal. For example, your therapist might be introducing a new piece of equipment or resources, which will require intensive discussion with you. In some situations, this might not be possible with children present.
- Your Key Worker /Therapist is visiting your child regularly at school or early childhood centre. It is vital that you continue to be regularly involved with your Key Worker/Therapist when they visit your child's educational setting. This ensures everyone is on track with achieving the goals that are most important to you. For more information, see our 8 Things About How Plumtree Works In Educational Settings flyer.



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- Your child is unsettled or unhappy during therapy sessions. This can happen for many reasons and can be a real concern for families. However, it is important to consider your child's emotional needs in order to reach your goals. If this is an ongoing issue you may decide to meet with your Key Worker/Therapist for Parent Only meetings for a period of time. Adapting the way we work with you can be a good solution to keep things headed in the right direction.
- Your child is unwell. This happens to all children and we know families feel reluctant to cancel their sessions. An alternative is a Parent Only' meeting at your usual session time, or at a different time when possible. For more information, see What Happens When My Child Is Sick?

If you are considering a Parent Only session or if your Key Worker/Therapist recommends this, rest assured that it will not go ahead unless you are in complete agreement. It might be a one off session, a block or a regular approach. Your Key Worker or Therapist has tools and resources to ensure that these Parent Only meetings are useful and productive.

Parent Only meetings can be face to face, on the phone or by computer using Zoom meeting facilities. They can be a helpful option for working families.

Please feel welcome to speak with your Plumtree Key Worker/Therapist about how this could work for you. Also see our Plan and Do flyer for more information about how we work with you to achieve your goals.

