skills on the hill pediatric therapy

What to Expect at Your First Therapy Evaluation

Demystifying the first visit - so you can relax

Booking a first therapy evaluation can feel like a big, uncertain step. It's not. Here's exactly what happens, so you and your child walk in knowing what to expect.

NOTICE | TRY | BUILD | CONNECT | GROW

Before the visit

We verify your insurance and benefits for you and gather a little history

Helpful idea

Bring any reports or specific concerns - and your questions

What the eval looks like

Mostly play! Your therapist observes and gently guides your child through age-appropriate activities to see how they move, communicate, and problem-solve

Your role

You're part of the team - you'll share what you see at home and the goals that matter to your family

How long it takes

Usually 60-90 minutes, plus a written report

It's relaxed, child-led, and pressure-free

After the eval

You'll get a clear written summary and a meeting to walk through findings, answer questions, and talk next steps - therapy or not

No pressure

An evaluation is information. You decide what happens next.

Parent tip: Start small. Pick one idea that fits your family, practice it consistently, and build from there.