



A SCRIPT TO INTRODUCE THERAPY TO YOUR CHILD

Hi friends,

Starting therapy can feel like a big step — for kids and parents. Whether your child is struggling with big emotions, navigating friendships, or just moving through a tough season, opening up a gentle conversation about what therapy is can make all the difference.

When children understand that therapy is a safe place to share, learn, and grow, it can help them feel more comfortable — even curious or excited — about the experience.

Below, you'll find a simple script you can read aloud or use as inspiration when introducing therapy to your child. Feel free to make it your own and adapt it in a way that fits your child's age, personality, and comfort level.

A Gentle Script for Introducing Therapy to Your Child:

Life can be so wonderful, especially as a kid. We have so many happy times—doing fun things, playing outside at recess, games with friends, movie nights with our family, and so much more.

And the truth is, being a kid can be hard sometimes too... Tricky or tough moments happen to everyone.

When something feels extra tricky, there are special grown-up helpers with kind hearts—and they're called therapists or counsellors.

When you visit someone like that, you might talk, play, draw, or create. In their space, there are usually toys, board games, books, puppets, craft supplies, and sometimes even a sand tray!

It's a safe place with a caring person where you might laugh, cry, or even feel proud of something new you've learned.

Therapy is a place to be YOU. A place to learn how to handle big feelings, take calming breaths, and try new tools that can help.

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