



Preparing for Your Appointment at Woodview

This toolkit includes:

1. Questions to ask your clinician
2. What to bring to your first appointment
3. Self-advocacy prompts

Choose the tools that feel helpful for you.



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Questions to Ask Your Clinician (For Youth)

You don't have to ask every question.

These are just ideas to help you prepare if you want to. Meeting with a clinician might feel new or a little awkward. It's okay to ask questions so you understand what's happening.

About the Appointment

- What will we talk about today?
- What usually happens during appointments like this?
- How long will we meet for?
- Will my parent/caregiver stay the whole time?

About Talking

- Can I talk to you alone for a bit?
- Will the things I say stay private?
- When would you need to share something with my parent/caregiver?

About Getting Help

- How can you help me with what I'm going through?
- How long might it take before things start to feel better?

About Next Steps

- What happens after today?
- Will we meet again?
- Is there anything you want me to think about?

Things You Can Say

You're allowed to tell your clinician if:

- You don't understand something
- You need a break
- A question makes you uncomfortable
- You want more time to think.

Write your own questions in this space:



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Questions to Ask Your Clinician

(For Parents and Caregivers)

Coming to a first appointment can feel overwhelming. Having questions ready can help you feel more confident and make sure you get the information you need. You do not have to ask every question. Choose the ones that matter most to you.

About the Appointment

- What will today's appointment look like?
- How long will the process take?
- Will my child and I speak together, or separately?
- Will there be time for private conversations if needed?

About the Plan

- How will the information we share today help guide next steps?
- What happens after this appointment?

About Communication

- If something changes or worsens, what should we do?
- Who should we contact if we have questions later?

About Our Child/Youth

- What supports might help our child succeed at home or school?
- Are there strategies we can try right away?

About Next Steps

- Are there resources your recommend for families like ours?
- How will we know if things are improving?

Write your own questions in this space:



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What to Bring to Your First Appointment

You do not need to bring everything on this list. These are simply things that may help your clinician understand your child's experiences.

Helpful Documents

- ☐ Recent report cards
- ☐ Previous assessments
- ☐ Notes from teachers or professionals

Helpful Information

- ☐ Your child's strengths
- ☐ What a typical day looks like
- ☐ Current challenges
- ☐ List of medications
- ☐ What a difficult day looks like

Sensory and Routines

- ☐ Repetitive behaviours
- ☐ Important routines
- ☐ Situations that trigger stress
- ☐ Self-soothing techniques
- ☐ Texture, taste or temperature sensitivities

Comfort Items

- ☐ Fidget tools
- ☐ Favourite plush
- ☐ Water or snack

Your Goals for Today

- ☐ What you hope to learn
- ☐ What you want help with

Additional Items

- ☐
- ☐
- ☐
- ☐



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Self-Advocacy Prompt Sheet

(For Children and Youth)

Your voice matters. These prompts can help you think about what you want the person you're meeting with to understand. You can write notes, talk about your ideas, or just use them to guide the conversation. It's okay to bring your notes with you. If talking feels hard, you can even show them your notes instead.

You might want to share:

What things are going well in your life right now?

What things are hard or frustrating?

When do you feel most calm or comfortable?

When do things feel overwhelming or stressful?

What helps you feel better when you are having a hard time?

You might also think about:

What does your best day look like?

What does your hardest day look like?

What would you like adults to understand about you?

You can also tell your clinician if:

You would like to talk privately.

You feel uncomfortable answering a question.

You need a break.

Other thoughts:



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Self-Advocacy Prompt Sheet (For Parents & Caregivers)

Some things that may help clinicians understand your child include:

Your child's strengths:

Start by sharing what is wonderful about your child:

- Interests
- Talents
- Personality traits
- Things they enjoy

Your observations:

You might describe:

- What your child struggles with
- What situations tend to trigger stress
- What supports have helped in the past

Your questions:

Think about what you want help with most.

What do you think their best day would look like?

What do you think their hardest day would look like?

Parenting is complex, and no parent gets everything right.

- ♥ Good enough is okay.
- ♥ Every parent makes mistakes.
- ♥ Repairing and reconnecting with your child is powerful.

Seeking support is a sign of care and commitment.



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