



Preparing for Your First Therapy Session

Practical steps that help you and your therapist begin with clarity.

- 01** Bring relevant reports, prescriptions and a medicines list.
- 02** Note the three daily activities that are most difficult.
- 03** Choose comfortable clothing for movement-based sessions.
- 04** Ask how goals, home practice and progress will be reviewed.

Keep this guide for discussion with your qualified care professional. It is educational and does not replace individual medical advice or emergency care.

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