



TRAINING NETWORK



PARENT RESOURCE



PREPARING FOR AN NHS ASSESSMENT



An NHS assessment can feel like a big step. Being prepared can help you feel more confident and ensure your child's needs are clearly understood.

You know your child best – your voice matters.



WHAT IS AN NHS ASSESSMENT?

An NHS assessment helps identify your child's strengths and challenges and whether they may have additional needs, such as:

- ✓ ADHD
- ✓ Autism Spectrum Condition (ASC)
- ✓ Anxiety or other mental health difficulties
- ✓ Learning difficulties (e.g. dyslexia)
- ✓ Sensory processing differences



REMEMBER: The assessment is not a test for your child. It is a conversation to better understand how to support them.



HOW YOU CAN PREPARE

Good preparation can help the process run smoother and ensure important information isn't missed.

- ✓ **Understand the process** – Ask what to expect and how long the wait may be.
- ✓ **Gather information** – School reports, strategies that work, previous assessments, and any professional input.
- ✓ **Keep a diary** – Note challenges, strengths, behaviours, triggers and what helps.
- ✓ **Think about your goals** – What are you hoping the assessment will help with?
- ✓ **Prepare your child** – Explain in an age-appropriate way what will happen.
- ✓ **Ask questions** – You have the right to ask for clarification at any stage.



REMEMBER: There is no "right" way to prepare. What matters is that your child's needs are understood.

INFORMATION THAT CAN BE HELPFUL TO SHARE



ABOUT YOUR CHILD

Their strengths, interests, worries and how they communicate.



EVERYDAY LIFE

Home routine, sleep, eating, sensory needs and independence.



SCHOOL/EDUCATION

Learning style, attendance, friends, support in place and any difficulties.



EMOTIONS AND BEHAVIOUR

When challenges happen, what might trigger them and what helps calm them.



STRATEGIES THAT HELP

What works well and what doesn't – no matter how small.



HEALTH AND DEVELOPMENT

Medical history, developmental milestones and any therapies.



CHALLENGES YOU MAY FACE

- ✓ Long waiting times
- ✓ Feeling overwhelmed by forms and information requests
- ✓ Worrying about your child's anxiety or behaviour
- ✓ Unsure what information is most important
- ✓ Feeling like you have to "prove" your child's needs



REMEMBER: You are not alone. Many parents feel this way. Take it one step at a time.



We're Here To Help

HH Training Network offers assessments, resources and ongoing support for children and families.



Email: g@hhtrainingnetwork.com



Website: hhtrainingnetwork.com



TRAINING NETWORK



EDUCATE • EMPOWER • SUPPORT

Helping children and families build a healthier, happier future.



Email: g@hhtrainingnetwork.com



Website: hhtrainingnetwork.com