

Preparing for your child's Educational Psychology visit – A guide for parents and carers

Leicestershire
Educational
Psychology
Service



What does an Educational Psychologist do?

Educational Psychologists (EPs) hold a broad knowledge of psychological theory, research and approaches. EPs also hold a rich understanding of child development. EPs apply this knowledge to support key adults to meet the needs of children and young people across their journey in education.

EPs predominantly work in schools and educational settings. Therefore, EPs hold a knowledge of school systems and the learning curriculum.

Why might an EP become involved?

You and/or your child's school may hold concerns that there is currently a barrier for your child in school. Alternatively, a greater understanding of how best to support your child's learning and development may be desired.

These concerns and/or barriers may not be tied to learning and EPs may be interested in how your child: thinks and feels; socialises and/or plays with their peers; builds relationships with adults and peers; engages with activities at school; manages aspects of the school day which relates to their physical development; and manages the things they can find difficult at school.

EPs can become involved at different stages in a child's learning journey. EPs can offer a fresh outlook when key adults may not have yet found a positive way forward to meet the child's or young person's needs or address a barrier for this individual.

What may the EP ask me when we meet?

The questions the EP may ask will depend on the purpose for their involvement and the information they would like to explore further. However, the following areas can be commonly raised by EPs when they meet with parents and carers:

Your child's interests, strengths and what is working well

Your child's early life experiences and family history

Questions linked to your child's early development and health

Your child's relationships with family members and their peers

Key concerns you may hold which relate to your child's education

Key concerns you may hold outside of school about your child

Your hopes and aspirations are for your child in the short and longer term

It can be helpful to think about some of the information and points you would like to share with an EP before you meet and writing this down can help. You may also wish to discuss this beforehand with your partner or another key adult in your child's life. Key adults in school and/or home may hold different views about your child's strengths, needs and the barriers which may be occurring but this is important to share. The EP's role is to take these different perspectives into account.