

# Visiting a Counsellor

Sometimes children visit a counsellor like Robbie. A counsellor is a safe grown-up who helps children with feelings, worries, and big emotions.

The counsellor's office may look different from my home or school. There might be chairs, toys, books, games, or drawing supplies.

When I arrive, I may wait for a little while. That is okay.

The counsellor will say hello to me. They may ask my name and talk in a calm voice.

The counsellor might ask questions like:

- "How are you feeling?"
- "What do you like to do?"
- "What has been hard lately?"

I can answer with words or sometimes with drawings, toys, or feelings faces.

If I do not know what to say right away, that is okay too. Sometimes I might feel nervous, shy, quiet, or unsure. Lots of children feel this way when meeting someone new.

The counsellor's job is to listen and help me feel safe.

I do not have to be perfect.

I can:

- ask questions
- take my time
- say if I need a break
- talk about happy things and hard things

Sometimes we may play games, draw pictures, read books, or practice calming skills.

My mum, dad or other grown-up may stay with me for part of the visit or wait nearby.

When the visit is finished, the counsellor will say goodbye. I can feel proud that I tried something new.

Visiting a counsellor can help me learn about feelings, solve problems, and feel supported.

