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## From Tiny Steps to Giant Leaps

*Nurturing Your Child's Journey to Adulthood*

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# What to expect during the assessment process with Dr John Flett.

## Dear Parents,

### 1. What to Expect Before the Appointment:

- The assessment process aims to garner a comprehensive understanding of your child's needs. It's not just about ticking boxes; it forms the foundation for providing effective support for your child.

- You, as the parents, will be required to fill out a comprehensive online form detailing various aspects of your child's life, experiences, and behaviours.

- It is also requested that your child's teacher and other specialists involved with your child (therapists, psychologists, or other medical specialists) complete respective forms. This provides a broader perspective on your child's experiences.

- Any relevant reports, assessments, or school reports you might have from other specialists your child has seen should be submitted as well. The aim is to create a comprehensive picture of your child's experiences, struggles, and strengths.

- All these forms and additional information should be submitted before the appointment to allow Dr. Flett time to review the information and focus the appointment on the most pressing issues.

### 2. Preparing for the Appointment:

- It is highly recommended that both parents or relevant caregivers attend the appointment. The combined insights and observations of multiple caregivers will provide a more complete understanding of your child's experiences.

- Please inform your child's school about the appointment and that they will not be attending on that day.

- Any additional materials not submitted with the online forms should be brought along to the appointment. This could include examples of your child's work, additional reports, or any important records you feel are relevant to share with Dr. Flett.

- The appointment is expected to last approximately two hours. This will provide ample time to thoroughly review all the information and discuss it in detail.

### **3. Appointment Timing and Location Details:**

- You are asked to arrive at least 15 minutes ahead of your scheduled time. This is to allow for preliminary procedures such as measuring your child's height and weight and addressing any administrative issues that may need resolving.

- Be aware of potential issues such as load shedding, which could potentially extend travel time. These detailed instructions aim to provide ample time for planning and preparation, ensuring a smooth, hassle-free appointment.

### **4. Understanding the Appointment Process:**

- The assessment will commence with a brief interview between Dr. Flett and your child. This will be a relaxed conversation designed to help Dr. Flett understand your child better.

- Following this, Dr. Flett will perform a comprehensive clinical and neurological examination of your child, with the parents present in the room.

- Parents will then be interviewed by Dr. Flett, during which time your child will be tasked with a written exercise. This parental interview aims to better understand your family history, your schooling background, and your comprehension of your child's challenges.

- The information gathered from these interviews and from the completed forms will be used to formulate potential treatment and management plans tailored to your child's needs. These plans will be discussed in detail during your appointment.

### **5. Post-Appointment Expectations:**

- Following the assessment, you should understand that it isn't an immediate solution for your child's challenges. Rather, it is a process to identify problems, establish a diagnosis, and consider any co-existing conditions that require further evaluation.

- Additional tests like blood tests or EEG scans may be recommended. It might also be necessary for your child to see other therapists for further testing. Depending on the findings, a medication trial or

other interventions like structured behavioural programmes or lifestyle changes might be suggested.

- Parents will also be provided with additional support in the form of further details, reading materials, and instructional guides.

The aim is to foster a more inclusive and comprehensive approach to tackling the issues identified.

- If medication has been prescribed, you, as parents, will be required to provide feedback about how your child is responding to the medication, and a follow-up appointment will be scheduled. This is to ensure that the treatment plan is working effectively and can be adjusted as needed.

- Continuous communication between all parties involved is crucial. This includes Dr. Flett, parents, teachers, and your child themselves, for everyone to stay informed and involved in the process.

Remember, you're not alone in this journey. This comprehensive assessment process aims to provide the best possible support and guidance for you and your child.

Warm regards,

Dr JOHN FLETT