



Dear Parent(s):

Welcome to Building Blocks! We are so glad you are here! Parenting can be tough, but you contacted us because you are a devoted parent who cares about your child's wellbeing. At Building Blocks we join with families like yours who want to put their children and families first. So how can Building Blocks assist your family?

What are the goals of Building Blocks?

- Our main goal at Building Blocks is to equip you with a road map for a warm and loving relationship with your child, in which your child is able to follow the limits you set for him or her.
- We not only address the individual child, but the entire world of the family, which can be affected by the challenges your son or daughter may be facing.
- Research has shown that Parent Child Interaction Therapy practiced here at Building Blocks not only improves children's problem behaviors, but often improves the quality of life of the parents as well. And when your quality of life improves your own stress level goes down, your family's stress level goes down, and your family becomes stronger, happier, and more unified.
- Our hope is that you will give us the opportunity to assist you with getting the stronger and more successful family that we all desire – because you and your children deserve it!

I feel like the only parent whose child has these problems.

- You are not alone! You are part of countless others who experience daily challenges with their children.
- Parenting can have great rewards but it is not without its challenges, especially when your child faces difficulties with behavior. And kids don't come with a set of instructions! (Wouldn't it be great if they did?)
- Many parents report that the everyday challenges of parenting can take a toll on their own personal energy and resources. In fact, many parents face issues around parenting stress, frustration, anxiety and depression. Therefore, using coping strategies such as drinking to relax, and needing additional resources such as Building Blocks are not uncommon.

Why do I need to fill out the attached packet?

- The attached questionnaires will help us to assess the needs of your family so that we can best determine how we can assist you and your family.
- We know we are asking for a lot of information! And we value your time and effort. We will not charge for the initial intake session if you are able to bring in the completed intake packet to the first session.
- The information we are asking for is vital to the planning and treatment of your child. We ask for your patience and cooperation in filling out the requested information to the best of your ability.
- The first set of questionnaires will focus your child and his/her behaviors, while the remaining questionnaires will be related to you and some possible challenges that you may experience as a function of parenting your child, or which may impact your child's behavior.
- It may help to fill out the questionnaires over a period of days rather than in just one sitting. Other parents have also found it helpful to fill out these questionnaires at a time when they are least likely to be interrupted by the kids, such as after the kids' bedtime.

Some of the things you want to me answer are very personal. Why should I answer them?

- We realize that some questions may be difficult to answer. It is completely understandable if some questions make you uncomfortable because they seem too personal. Please keep in mind that we do not want to pry or make you uncomfortable. We ask these questions to gain a better understanding of your child, your family, and how each affect the other. Therefore, it is important that you answer the questions to the best of your ability.

- Your information will be held **strictly confidential**, and will be used to provide the best treatment possible for your family, as well as greatly contribute to our understanding and treatment of families through research and training.

We understand how precious your time is, and want to thank you in advance for your cooperation. We greatly appreciate you giving so generously of your time to help you child and family who are a priority to you.

Sincerely,

Felipa T. Chavez, Ph.D.
Building Blocks Director and Clinician

Barbara Paulillo, Psy.D.
Community Psychological Services Director