

Questions to Ask Your Care Team

Supporting Connection, Clarity, and Collaboration
LCBWA – Low Country Behavior & Wellness Agents

Why These Questions Matter

Asking questions helps ensure you feel informed, confident, and supported throughout your child's care. This guide provides helpful conversation starters that you can use during meetings, check-ins, or anytime you want to better understand your child's progress and services.

Understanding Your Child's Services

These questions help you learn more about how your child's therapy is structured and how goals are created.

- How are my child's goals selected?
- What areas of development will we focus on first?
- How do you decide which strategies to use during sessions?
- What does a typical session look like for my child?
- How will you involve me in the treatment process?

Tracking Progress & Growth

These questions help you stay informed about how your child is doing over time.

- How will you measure my child's progress?
- How often will I receive updates or summaries?
- What signs should I look for that show my child is improving?
- How do you handle goals if my child is struggling or not progressing?
- How often are goals reviewed and adjusted?

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Communication & Collaboration

Use these questions to understand how communication will flow between you and your care team.

- Whom should I contact if I have a question or concern?
- What is the best way to communicate with my BCBA or technician?
- How do you handle important updates between sessions?
- What should I expect during parent training or meetings?
- How can we work together to ensure consistency across home, school, and therapy?

Supporting Skills at Home

These questions help bridge therapy to daily life.

- Which skills can I work on at home to support my child?
- What strategies do you recommend for challenging behaviors?
- How can I help with transitions, routines, or communication?
- Do you have guides or tools I can use outside of sessions?
- How do I know if I'm applying strategies correctly?

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School & Community Questions

If your child receives services in school or community settings, these questions strengthen teamwork.

- How can I best communicate with my child's teachers or school team?
- What supports does my child need at school?
- Are there community programs or resources you recommend?
- How do I share progress between the school and ABA team?
- Are there skills we can practice in the community?

Final Thoughts

Your care team is here to support your child — and you. There is no wrong question. Your voice, insight, and advocacy are essential parts of your child's progress and success.

If you ever need clarity or reassurance, please reach out.
We're here to help every step of the way.

