

The Pinwheel™ Booster Plan

Your child has built new skills. Now we want those skills to stick.

You and your family have completed a structured, evidence-based treatment program. Over the past several months, you have learned new tools, practised new behaviours, and worked toward meaningful change in daily life.

The end of the program is not the end of the work. It is the start of the maintenance phase.

The Importance of Maintenance

Skills are strongest when they are practised regularly. It is normal for children and teens to need reminders, coaching, and support after treatment ends, especially during times of stress, change, or new developmental stages.

A return of some symptoms does not mean treatment failed. It often means your child needs to restart the tools that worked, adjust the plan, or have a brief booster session.

What Are Booster Sessions?

Booster sessions are short follow-up appointments after the main program ends. They are designed to:

- reinforce the skills your child has already learned
- help your family stay consistent
- adjust strategies as your child grows or circumstances change
- prevent small setbacks from becoming bigger problems
- support your child in using skills in real life

When to Consider a Booster

Consider booking a booster if you notice:

- symptoms are returning or increasing
- symptoms (such as avoidance, conflict, tics, inattention, or dysregulation) are starting to interfere with daily life again
- home routines, school routines, sleep, or independence are becoming a problem
- your child has stopped using the strategies from treatment
- you are feeling unsure, inconsistent, or pulled back into old patterns
- there is a major life change (such as a new school year, exams, family stress, medication changes, or increased demands)
- your child is facing a new situation where the old skills need to be adapted

Remember: *Preventative boosters are usually better than crisis boosters.*

Your Pinwheel™ Therapy Maintenance Plan

Child/Youth Name: _____

Program: _____

Completion Date: _____

Team Member: _____

Skills to Keep Practicing

Home Practice Plan

Parent/Caregiver Plan

Booster Recommendation

- ☐ Booster in 2–4 weeks
- ☐ Booster in 6–8 weeks
- ☐ Booster in 3 months
- ☐ Boosters every _____ weeks/months for now
- ☐ Boosters as needed
- ☐ Other: _____

Book a Booster Sooner If:
