

Zoe visits the Psychologist

A tale about getting help.



Melbourne Child
Psychology

Zoe's Mum and Dad visited the psychologist a few days before Zoe and had a chat.



Zoe was not quite sure why she had to see a psychologist. “What does a psychologist do?”, she wondered.



Zoe was a bit worried about
what would happen when she
went to see a psychologist...



Zoe's Mum explained to Zoe that psychologists can help kids with lots of different things.



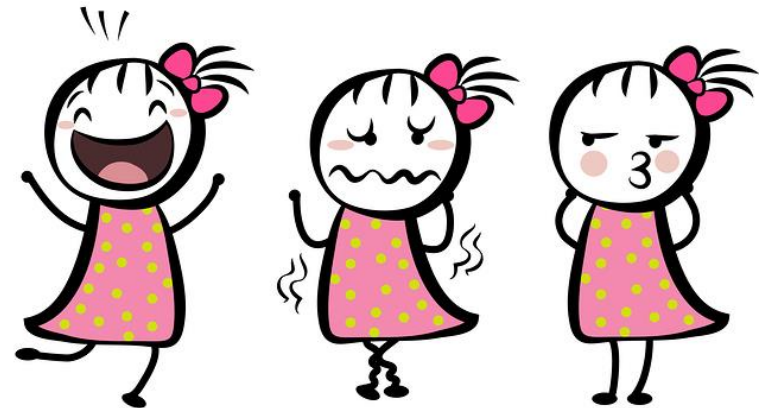
Psychologists help kids understand themselves better.



Psychologists help
kids to feel better
when they are sad,
angry or upset.



Psychologists teach kids about different types of feelings and how to deal with them.



Psychologists help kids learn how to make new friends ... and how they can also be a better friend.



Psychologists teach
kids how to relax
and calm down.



Psychologist can find out more about how kids learn by asking them to solve puzzles, play games and answer simple questions.



Psychologists can help kids learn how to sleep better at night so they feel better when they wake up each day.



Some psychologists
are especially fun,
friendly and helpful.



Sometimes kids even
get to play games
and do drawings
when they visit a
psychologist!



Zoe thought this
sounded pretty
good!

She started to look
forward to meeting
her friendly new
psychologist.



Zoe knew she
needed some extra
help and was
willing to give it a
go...



She was not disappointed!



Melbourne Child
Psychology