Dyscalculia Assessment Prep Checklist

North Shore Psychological

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Help your child feel calm and confident on assessment day with this simple, step-by-step preparation checklist.

🗓️ One Week Before

- Let your child know they'll be doing activities that help understand how they think and learn
- Inform the school or teacher of the upcoming assessment
- Gather school records (report cards, IPPs, teacher feedback)
- Complete all intake forms from the clinic
- Write down any specific concerns or goals you want addressed

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🌙 The Night Before

- Ensure your child gets a full night's sleep
- Prepare a comfortable outfit and pack a small comfort item
- Pack a snack and water bottle for breaks
- Reassure your child there are no tests to pass—just a fun way to learn more about their brain

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🌞 Morning of the Assessment

- Eat a healthy, balanced breakfast
- Arrive 15min early to allow time to settle in
- Bring all completed forms and school records
- Stay positive and relaxed—your calm will help your child feel safe

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📝 After the Appointment

- Give your child downtime to relax
- Note any observations to share during the results discussion
- Acknowledge your child's bravery—it's a big deal!

Need support? Contact North Shore Psychological Services with any questions leading up to the appointment.

Prepared by North Shore Psychological Services – Supporting confident, compassionate assessments in Nova Scotia.