



Paediatric Neurodevelopmental Practice Framework

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A Message to Parents

Starting a developmental or diagnostic journey can feel daunting. It's completely natural to feel uncertain, worried, or even overwhelmed. This process can take time, often involves several appointments, and represents a meaningful financial and emotional investment.

Please know that you are not alone in this. Our approach is collaborative, transparent, and supportive. We will walk this journey together, step by step, with clear communication and ongoing feedback. My team and I are committed to providing practical guidance, encouragement, and care at every stage. Each child is unique, and our goal is to understand their world with depth, compassion, and evidence-based insight, so that you, as parents, feel empowered to support your child's strengths and challenges with confidence.

1. Appointment Structure & Billing

Appointment Type	Duration	Description
Initial Consultation	50 min	Parents only. An in-depth discussion about your child's background, strengths, and areas of concern. Together, we'll explore early patterns, school feedback, and possible next steps- including any medical or developmental investigations that may be needed.
Diagnostic Assessment	90 min	Child only. Parents welcome to attend for comfort/ clarity of process. Play-based, age-appropriate activities and standardized tools (e.g. Molteno, CARS-2, ADOS, SNAP, CBCL, VMI) to better understand learning, attention, emotional regulation, and social communication. Conducted in a calm, supportive environment.
*Formal Diagnostic Report & Action Map	—	A comprehensive written summary of your child's profile, integrating all findings. The Action Map provides clear, practical strategies for home, school, and therapy support.

Feedback Session	30 min	Gentle, clear discussion of results and recommendations. We'll agree on a plan that feels realistic, meaningful, and empowering for your family.
Medication Review / 2 Monthly and 6 Monthly Check-Up	30 min	Review of treatment or therapy progress, and discussion of emotional or developmental growth.
Annual Review	50 min	Full developmental review, screening, and updated support plan.

*Please note your child may not require all the above appointments depending on your specific concern and initial findings. Each child is unique, and this process is just a framework which is individualized as necessary.

**Diagnostic reports and Action Maps are an additional cost

2. Before Your First Appointment

Before the Initial Consultation, parents are asked to complete and submit the following:

1. Patient Intake Form, including consent and confidentiality agreement.
2. Reason for Consult Form, outlining current concerns and attaching any previous reports (school, therapy, or medical) or referral letters.
3. Extended History Form

These forms help us make the first session more focused and meaningful. During this process, parents and teachers may also be asked to complete validated questionnaires — such as the SNAP-IV, CBCL, or ASSQ — so we can gain a well-rounded, 360-degree view of your child's daily functioning.

Before the Initial Consultation

- Patient Intake Form: Includes consent and confidentiality agreement.
- Reason for Consult Form: Outlines current concerns and requires attachment of any previous reports (school, therapy, or medical) or referral letters. This helps to direct the intake session appropriately.
- Extended History Form: Background and Birth information is essential in understanding your child's growth and development over time.

These forms help make the first session more focused and meaningful. During this process, parents and teachers may also be asked to complete validated questionnaires—such as the SNAP-IV, CBCL, or ASSQ—to provide a comprehensive, 360-degree view of your child's daily functioning.

3. Appointment Content & Flow

Initial Consultation — Parents Only

- Compassionate, collaborative conversation about your child's development, health, and family context
- Review of concerns across home, school, and social settings
- Screening for ADHD, Autism Spectrum Disorder, learning, and emotional regulation challenges
- Planning of next steps, which may include:
 - Hearing / auditory assessment
 - Vision / ophthalmology assessment
 - Targeted blood tests (e.g. thyroid, iron, metabolic, nutritional)
 - EEG (for unusual movements / possible seizures)
 - Genetic testing (if indicated by features or family history)
- Individualised care: this is not a one-size-fits-all process — each plan is designed for your child's unique strengths and challenges.

Diagnostic Assessment — Child (90 min)

- Observation of play, attention, and self-regulation
- Use of standardised developmental and psychological tools
- Integration of parent, teacher, and direct observation data

Formal Diagnostic Report & Action Map (additional fee)

- Comprehensive written report with clear, accessible language
- Personalised Action Map outlining next steps, school recommendations, and practical everyday strategies

Feedback Session (30 min)

- Supportive conversation about results, diagnosis, and recommendations
- Collaborative goal-setting and planning for intervention

Follow-Up Reviews

- 2-Monthly / Medication Review (30 min): Track progress, discuss changes, side effects, efficacy of new medication and provide ongoing support until medication is stabilized.
- 6-Monthly / Medication Review (30 min): Track progress, discuss changes, and provide ongoing support until medication is stabilized. Renew Prescription if stabilized.

Annual Review (50 min)

- Re-evaluate progress, update care plans, and celebrate growth.

4. Addendum

School visits, classroom observations, and multidisciplinary meetings may be recommended as part of your child's assessment or ongoing care. These are charged at the usual hourly rate and provide valuable insight into how your child learns, interacts, and copes in their daily environment. This ensures that our understanding - and our recommendations - are rooted in real-world, meaningful observation.

6. Our Commitment

Our practice is guided by compassion, curiosity, and connection. We see every assessment as the start of a shared journey — a partnership between families and professionals, built on honesty, respect, and care. Through open dialogue, evidence-based practice, and consistent support, we aim to help your child (and you as parents) feel seen, understood, and empowered.

Together, we'll make sense of who your little person is, and how they engage with the world around them. - step by step, with science, empathy, and measurable outcomes.

Thank you for trusting me with the care of your family.

In good health.

Dr Raphaella Itzikowitz