



# Is Neurofeedback Right for My Child?

A parent's decision guide



Honest answers, practical checklists, and words to help you talk with your child.

Wellspring Brain Care | Satellite Beach, Florida | 321-423-5550

## WELCOME

# Before you read further

---

If you're reading this, you've probably watched your child work hard at things that seem to come easier for other kids. You're not looking for a miracle. You're looking for honest information and a next step that feels right for your family.

### This guide will help you:

- Put words to what you're seeing at home and at school
- Understand what neurofeedback is, and what it isn't
- Know what to expect if you start with us
- Know what to ask any provider before you commit
- Talk with your child about it in a way that feels safe
- Choose a next step, or decide to wait, with confidence

**Pass it on.** Share this guide with a partner, grandparent, teacher, or friend who is asking the same questions. Decisions are easier when everyone has the same information.



## STEP 1

# Start with what you're seeing

---

Before labels, diagnoses, or opinions, there's what you see every day. Check anything that sounds like your child, and bring this page to any appointment, with us or anyone else.

## Focus and learning

- ☐ Has a hard time starting or finishing tasks
- ☐ Drifts off during lessons, reading, or conversations
- ☐ Homework takes much longer than the work itself
- ☐ Bright, but struggles to keep up or show what they know
- ☐ Worn out after school or after learning at home

## Feelings and behavior

- ☐ Big reactions to small problems, or frequent meltdowns
- ☐ Worry, shutdowns, or feeling overwhelmed
- ☐ A hard time switching from one activity to the next
- ☐ Bothered by noise, lights, clothing, or crowds
- ☐ Trouble falling asleep or staying asleep
- ☐ Has a hard time reading social cues or keeping friendships

### A few notes to jot down

When did you first notice this?

---

When is it better? When is it harder?

---

What have you already tried, and what helped?

---

**None of these mean something is wrong with your child.** They are clues about where extra support may help.

## STEP 2

# What neurofeedback is, and isn't

Neurofeedback is a kind of brain training. A soft cap with small sensors rests on your child's head and reads brain activity. Nothing goes into the body. That activity is shown back to your child as a movie, game, or sound. When the brain settles into a steadier pattern, the screen or sound responds. Session after session, the brain gets practice.

### It is

- Non-invasive: the sensors only read, they don't send anything in
- Quiet, seated, and calm
- Something your child does while watching or listening
- A process that takes many sessions

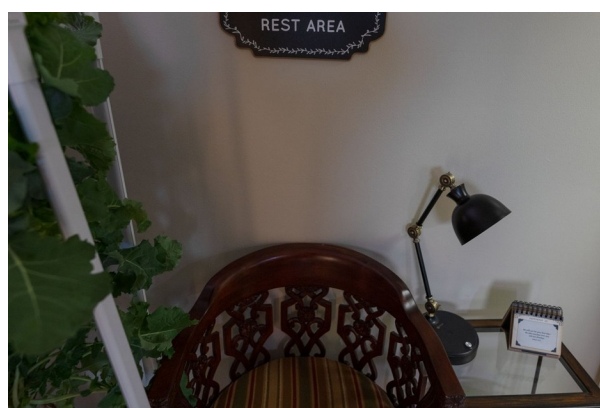
### It isn't

- Medication
- Talk therapy: your child doesn't have to explain their feelings
- Painful
- A quick fix or a guarantee

**About medication.** Always talk with your child's doctor before starting, stopping, or changing any medication. Neurofeedback is never a reason to change medication on your own.

## What sessions feel like for kids

Parents often worry about whether their child will sit through it. Sessions are quiet, predictable, and low pressure. Most children sit back and watch a show or listen to sounds while the sensors do their work. Afterward, there's a quiet rest area so no one has to rush back out the door.



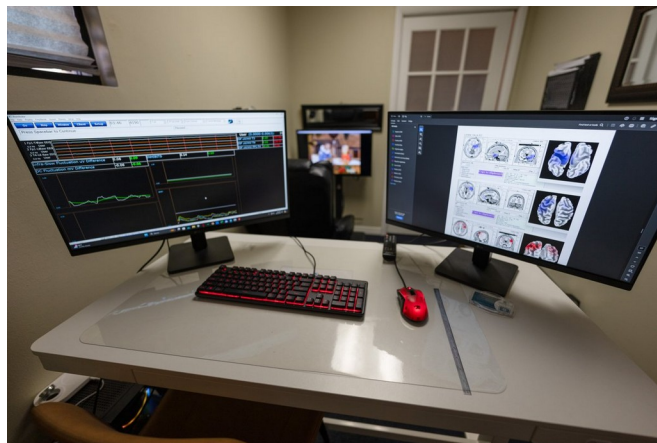
### STEP 3

## Getting started at Wellspring Brain Care

Here's what the path looks like with us. Your first discovery call or visit is always free, and you can stop at any step.



- 1. Free discovery call.** A short conversation to hear what you're seeing, answer your questions, and talk through whether a next step makes sense. No obligation.
- 2. Brain map.** A painless recording of your child's brain activity, called a qEEG. It shows patterns and gives us a starting point for a plan.
- 3. Review together.** We walk you through the results in plain language and go over options and cost before anything is scheduled.
- 4. Training sessions.** Sessions start in our office. Once your child is settled in, at-home or hybrid training may be an option. We'll talk about what fits your family on your discovery call.
- 5. Checking progress.** We review changes with you along the way, including follow-up brain maps, so you always know where things stand.



## STEP 4

# Practical questions, honest answers

---

- **Cost.** Neurofeedback at Wellspring Brain Care is private pay, which means it is not billed to insurance. We go over cost and payment options on your discovery call, before anything is scheduled. Some families ask about using a health savings or flexible spending account, so check with your plan.
- **Time.** Neurofeedback works through regular sessions over weeks or months. We'll talk honestly about the commitment up front.
- **Timing.** There's no perfect moment. Families often reach out after a hard school year, a big change at home, or when other supports seem to level off.
- **The bigger picture.** Neurofeedback can be one part of a bigger plan. Wellspring Brain Care also offers counseling, family therapy, and EMDR, and we're glad to coordinate with your child's doctor, therapist, or school.

## Questions to ask any provider

Whether you choose us or someone else, these questions help you compare. A good provider will welcome every one of them.

- ☐ What training and certification do you and your staff have? (BCIA, the Biofeedback Certification International Alliance, is the main certifying board for neurofeedback.)
- ☐ Will you do a brain map before training starts, and explain the results to me?
- ☐ How will we measure progress, and how often will we review it together?
- ☐ What is the total expected cost, and how is payment handled?
- ☐ Where do sessions happen: in the office, at home, or both?
- ☐ What happens if we don't see changes after a while?
- ☐ How will you work with my child's doctor, therapist, or school?
- ☐ Can my child see the room and meet the team before starting?

## STEP 5

# Talking with your child

Kids do best when they know what to expect. Keep it simple and honest. Here are words you can borrow:

### For younger kids

*"We're going to try a brain game. You'll sit in a comfy chair and watch a show, and your brain gets to practice staying calm and focused. It doesn't hurt at all."*

### For older kids and teens

*"It's training for your brain, like practice for a sport or an instrument. The cap just reads what your brain is doing. You watch or listen, and your brain learns from the feedback."*

- Let them know it isn't a test, and there's no way to do it wrong.
- Invite their questions, and answer the ones you can. We're happy to answer the rest.
- If they're nervous, ask to see the room first.

### Watch together before your call

Short videos from our YouTube channel. Tap a title to watch.

- [Welcome to Wellspring Brain Care: office tour](#) (0:44)
- [Introduction to neurofeedback at Wellspring](#) (1:04)
- [Will neurofeedback change my personality?](#) (short)

More videos: [youtube.com/@wellspringbraincare](https://youtube.com/@wellspringbraincare)





## A word to parents

You are allowed to:

Ask as many questions as you need

Take your time

Get a second opinion

Say no, or not yet

Change your mind

**Your child isn't broken. Their brain may simply need a different kind of support.**



Scan to request

### Ready when you are

Your first discovery call or visit is always free. A short conversation, no pressure, and no obligation.

[Request your free discovery call](#)

**321-423-5550**

1413 S. Patrick Drive, Suite 9

Satellite Beach, FL 32937

[wellspringbraincare.com](http://wellspringbraincare.com)

**Know a parent asking the same questions?** Pass this guide along.

*This guide is general information to help you think through your options. It is not medical advice, and it does not promise any specific result for your child. Wellspring Brain Care is a service of Wellspring Counseling Services LLC, a certified Service-Disabled Veteran-Owned business. Updated October 2026.*