

"I specialize in an intervention based approach for children typically developing, as well as those who may have more unique physical or mental needs. It's like physical therapy for the brain. I develop or modify action based interventions that help every child achieve his or her best self within each individual family!

~Robyn



NURTURING EMOTIONAL SUCCESS TOGETHER

- BEDTIME BEHAVIORS
- MEDICAL ADHERENCE
- GENERAL BEHAVIOR MANAGEMENT
- TOILET TRAINING
- PARENT GROUPS
- CONSULTING

Contact Us



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www.RobynsNestPsychology.com



NURTURING EMOTIONAL SUCCESS TOGETHER

Complex Child Development Specialty Services

For the complex and typically developing child and family

www.RobynsNestPsychology.com

About Me

I earned my B.A. in Psychology and American Sign Language (ASL), graduated with a masters in Mental Health Counseling from Gallaudet (the only Deaf university in the world.) I'm not Deaf myself, but fluent in ASL and grateful for my experience as a minority at a bilingual university. Before Robyn's N.E.S.T. I worked with children who faced a variety of challenges at Kennedy Krieger and Johns Hopkins Hospital. I developed manageable techniques, alleviating stressors for both child and caregiver. My approach - psychology made easy for everyone. It was important my techniques were shaped to fit within each unique family. I continue to implement these tools, at Robyn's N.E.S.T. Psychology.

Our Services

Bedtime Behaviors

I start by assessing bedtime goals: having your child sleep in their bed, initiate sleep, conquer nightmares etc. I then consider why your child is having difficulty and your family's lifestyle to develop a sleep plan that works best for everyone involved.



General Behavior Management

Sorting through behavioral strategies that will fit your family and then putting them into action can be daunting, that's where I get involved. My personalized behavior plans are designed to fit your family for immediate results by simply changing a few actions.

Medical Adherence

My work with medical adherence depends on your child, those involved with care, medical condition, procedure and prescription/prescribed device. I develop strategies to help everyone involved feel more comfortable with procedures/therapy to increase adherence.

Toilet Training

I take the guess work out of potty training by developing a highly individualized plan for your child and then walk you through the process while potty training your child.

