

TIPS TO PREPARE FOR TELETHERAPY SESSIONS

1. PATIENCE

Remember you are trying something new. You may need to be patience with your child, yourself, and maybe even your therapist if you are not used to the parent coaching process. Overall, it is a beneficial experience where you can learn in a way that is supported by research as most effective.

2. LOCATION

It is suggested to pick a location that the child is used to playing in during regular sessions. This way the transition to online can be as easy as possible. You may want to create two nearby areas: (1) an open space with floor covering like a mat or rug and (2) a table.

3. FILMING

You should try to locate a place to keep your computer/iPad/phone stabilized and in view of the location areas. You may need to move it around and play with some options. You don't need to be an expert, so just try your best and keep in mind adequate lighting in the room.

4. MATERIALS

You should try to prepare any materials needed in advance. A list may be provided for you in advance for individual sessions. It is always good to think of some things on your own as well. Perhaps you have a favorite toy, a ball, and some drawing materials on hand like paper and crayons. You may also want to practice a particular activity like putting on socks and shoes.

5. EXPECTATIONS

It is important to manage expectations. Part of play is discovery and learning new skills. You can manage your expectations by being comfortable with being yourself and allowing playfulness even though you are in a "therapy" session.

You can manage your child's expectations by talking to them in advance and letting them know that you are going to be doing a session online with specific details. For example, you can set up a timer so they know how long the session will last. You can also state what activities you will practice like the exercises in your home program. "We are doing the meatball today."

If your child has some behavioral issues, you can also set some expectations of rewards for following directions or consequences if they do not. Try to make sure these rewards and consequences are related to the activities. You can read more about this concept at <https://www.playapy.com/superhero-discipline/>.