



## Tips for Telepractice

The following are some strategies you may find helpful to ease your child's experience during telepractice.

- Set up the device in a **quiet space** in your house that is *free of distractions*. This will allow your child to focus during the session.
- **Be ready** with any items your clinician has asked you to gather *prior* to beginning the session. Also, you can help your child choose some toys or items to share with their clinician in order to encourage child participation.
- Providing your child with a **visual schedule** may help with transitioning in and out of the session.
- **Please be available** during the *entire* telepractice session to help your child with any redirection, transitions or technical difficulties. This will enable the sessions to run as smoothly as possible.
- Your child's therapy session should be **worked into their daily routine** (e.g. don't schedule a session right after their nap time or right before lunch). This will possibly cause behaviors, reducing the amount of effective therapy time.
- To ensure no time is wasted during the sessions, you are encouraged to **trial our pshc.doxy.me platform in advance** and confirm that your personal device is compatible. Devices should be charged and internet should be connected prior to the session starting.

We recognize that you may already be planning to use these strategies. We hope that these additional suggestions make your child's transition into telepractice easy and fun!