



**BETTER LEARNING
THERAPIES**

TELETHERAPY CHECKLIST FOR PARENTS AND CAREGIVERS

✓ ASK YOURSELF

- "Do I have any new concerns?"
- "Since our last session, what is a routine or activity that was successful and enjoyable for my child?"

✓ PREVENT DISTRACTIONS

- Tidy the area to be used.
- Pets, siblings, and other screens are common distractors.
- Have a snack and go to the bathroom before the session.

✓ START IN A COMFORTABLE PLACE

- Same learning area for each therapy session.
- Room to move.
- Comfortable place to sit
- Sit with 90/90/90 angles or on the floor with a coffee table.

✓ SET UP YOUR TECHNOLOGY

- Reliable internet connection.
- Have a device that is compatible with video conference technology.
- Make sure your device has a camera and microphone.
- Close other programs, windows, or apps.
- If using a phone or tablet, consider a stand so that hands are free.
- Log in a few minutes early to troubleshoot technological difficulties.
- Have a way to contact your therapist in case of technical difficulties.

✓ READY TO INTERACT

- Caregiver is present and available.
- Have a few toys or items to share with the therapist.
- Ask the therapist beforehand what items you may need.
- Have a drink available.

✓ NEXT STEPS

- Ask your child's therapist, "What is one thing we can do at home to work on our goals?"

