

TELETHERAPY CHECKLIST FOR PARENTS

Getting Prepared



CLEAN OUT THE ROOM

Remove distractions, pets, anything that may interrupt the therapy session.



FIND SEATING THAT WORKS FOR YOUR CHILD

Find a chair or area for your child to sit. We recommend that this be the same learning area for each therapy session. Leave some room to move if needed.



SET-UP YOUR COMPUTER

Make sure your computer has a camera and request a test run with your therapist. Be ready to go 10 minutes before your session. Make yourself available for the session.

HAVE TOYS AND ACTIVITIES READY TO SHARE

Help your child choose some toys or items to share with their therapist. Containers with lids work great!

TIP: have a drink available to the child.



PROVIDE A VISUAL SCHEDULE

Have a visual schedule ready for the session. ChoiceWorks is a great app.

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