



Preparing for your Telehealth Appointment

1. Select which device you'll use for the appointment.
2. Make sure that you have a quiet place to go for the appointment where you will not be overheard to protect your privacy.
3. Make sure that you and your child are dressed, fed, and ready for the appointment.
4. Make sure that your device is charged and ready for the appointment. Some devices may not work while they are charging.
5. Your therapist will work with you to choose an app that will work on your device. Test out how to connect with your therapist before the appointment so you can be prepared with any questions before your appointment begins.
6. Make sure the camera is focused on you and your child's face, not at the ceiling!
7. It helps if the camera on the device is not directed toward a light source. Your therapist wants to see you and your child.

