

Teletherapy at Capital Kids

1



Home

Please make sure you are **at home, not in a car**, during your therapy session. At home, find a quiet space with limited background noises or distractions. Use an appropriately sized chair to make sure your child is within frame throughout the session. Please try to avoid eating during sessions.

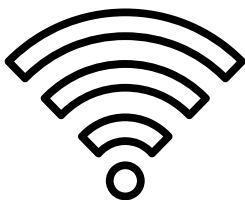
2



Laptop or tablet

Please make sure to have a laptop or tablet to use for your child's sessions. If that's not available to you and your phone is the only option, discuss with your child's therapist if teletherapy is an appropriate choice.

3



Good internet connection

Strong internet connection is necessary for effective teletherapy. Be sure to connect to wifi prior to your appointment. If the connection is too weak, teletherapy may not be the best choice.

4



Parent sitting with child

To ensure home carryover and cooperation during our session it is vital to have an adult sitting with the child at all times.

5



Audio quality

High quality audio is absolutely necessary for teletherapy, especially for speech therapy! Your child's clinician may request adjustments to your audio settings and/or use of an external microphone.