



Telepractice Tips for Parents/Carers

Learn how to use the videoconferencing platform such as Zoom or Skype; practice with your friends or family members before your appointment.

Make sure that your computer doesn't run updates or install software during your online session. It will slow your connection.

If the connection is slow, ask others at your house not to stream videos (such as Netflix), use other videoconferencing platforms or play online games during a session

Make sure that you do not leave too many browsers and websites open, especially the ones that have online games. It is better to have one browser with a website open at the time.

Limit background noise, including fans, barking dogs, phones, etc.

Contact the therapist in advance if you have any questions or concerns.