



Telehealth Visit Preparation Tips

Individual preparedness and being on the same page with your Early Interventionist are both important aspects of having successful telehealth visits. Here are some tips so you can plan ahead and be ready for your next telehealth visit.

1. Decide on a time that works best for you

- Be sure everyone in your house knows that you will be on the phone and for how long
- Plan with your EI provider on how often you will meet remotely
- Talk about what you will work on during the call
- Discuss what the visit will look like

2. Prepare your environment

- Choose an optimal room in your home based on the planned activity
- Have materials available for the activity that was determined by you and the provider at the previous session during joint planning
- Silence phones that may interrupt
- Turn off TV's, radios, and other auditory/visual distractions
- Identify the exact time the virtual visit will begin and end

3. Prepare your equipment and connection - if you are using video

- Ensure that your device is charged and ready to go
- Make sure the camera and microphone are connected and working
- Discuss with the provider what virtual platform will be used, troubleshoot any questions on connecting/email prior to visit
- Run a test, if needed
- Check your internet connection to make sure you have a strong signal
- Have a cell phone or other number for the provider if available if an internet connection cannot be made

4. Ending the Session

- Ask any questions about the strategies that were practiced or discussed
- Discuss any problems with the connection
- Determine the date and time of the next virtual visit
- Hang up or close/log off the virtual platform

It is our hope that these tips will help you and your child enjoy successful telehealth visits. Providing telehealth visits allows your services to continue during the COVID-19 Pandemic, while protecting your child's and family's health. For more information about the Birth to Three program, or to schedule a telehealth visit, call Birth to Three at 414-289-6799.