How to Prepare a Student for a Virtual Meeting

Preparation Your Space
Find a comfortable spot for you and your child to sit.
Make sure you sit in a well-lit and quiet space.
Be mindful of what is going on behind you. Think about sitting in front of a solid-color wall or turning on a virtual background.
We recommend caregivers always join and it is in the same space every meeting.

Clean Up the Area
Remove pets and other items that may increase distraction.

What You Will Need
Set up a computer or a laptop with a mouse or touch screen.
Make sure the device has a camera.
If your child moves around a lot, we recommend a more portable device if possible.

Preparing Your Device
Turn your device’s camera on and have the camera at eye level.
Check your internet speed.
If you are on free Wi-Fi, you may need to keep your camera off to improve quality.
Stay muted unless you are talking to reduce background noise.

Have Sensory Items Available
Games and sensory items may be needed during the meeting.
Sensory breaks may also be needed by your child. Do not forget to have a drink available for your child!

Be Yourself and Have Fun!

Adapted from St. Elizabeth School’s ‘Preparing Your Child for Therapy’ and ‘Education Guide: Getting Started on Zoom (zoom.com)’