

How to Prepare a Student for a Virtual Meeting

Preparing Your Space

Find a comfortable spot for you and your child to sit.

Make sure you sit in a well-lit and quite 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

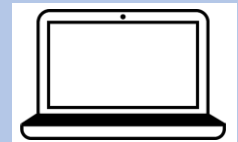
Remove pets and other items that may increase distraction.

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!