



# Telehealth tips for you and your child

Here's how to make sure your child gets the most out of their teletherapy services.

## Create a safe and confidential space.

It's important that mental health sessions take place in a quiet location in which the child can have privacy and can trust that their conversations are confidential.

Avoid high-activity areas in your home, such as a kitchen where people are coming in and out, a living room with a game or movie playing, or an outside space with a lot of street activity. A room with a door that shuts is ideal.

Using a fan or white noise machine outside the door can also help increase privacy. If the child's bedroom is used, bring in a different chair to bring structure to help differentiate the place of rest and sleeping and therapeutic space.

## Keep safety in mind.

Even though telehealth is a safe and effective way to provide mental health services, remember that your child's therapist is not physically in the room with them. Make sure to provide your child's therapist with designated adults as emergency contacts who are present, able, and willing to follow a safety plan if an emergency were to take place during the telehealth session.

## Limit distractions.

- Have your child dressed and ready for the session, just like they would be if they were meeting their therapist in the office.
- Make sure other children in the house are occupied with another activity to help your child engage, focus, and maintain confidentiality.
- Remind the child to wear headphones (if they have them) to hear their therapist for an extra layer of privacy.
- Remove possible distractions for your child, such as electronics that aren't used strictly for the session, that might interrupt your child's ability to engage.

## Coordinate care for your child.

Communicate with the therapist in advance about whether there are items that are needed for the session, such as worksheets from the therapist, or supplies your child might use like markers, paper, or art materials.

## Stay involved!

Just like in office-based therapy, caregiver involvement is a key to success. Caregivers need to be present in the home during the entire duration of the telehealth session and will check in at the beginning or end of each session. At times there will be caregiver-child sessions and sessions alone with caregivers. Discuss ways you can be involved if your work schedule prohibits you from being present for your child's session.

## Help them share their world.

Remind your child that telehealth can be a chance for your child to show their therapist more of their world: their favorite pet, their coziest spot, the places they play.

## Be a part of the solution!

Work together with your child's therapist if the length or frequency of sessions isn't working out. There may be some solutions—such as shortening a session—that can help you and your child stay connected.

**You are your child's  
most important support.  
We couldn't do it without you.  
Thanks!**

