

ENGAGING CHILDREN, YOUTH, AND FAMILIES IN TELEHEALTH

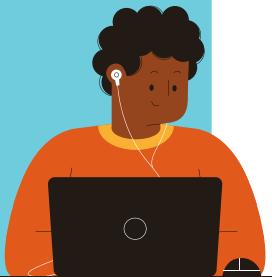
YOUNGER CHILDREN (UNDER AGE 12)

- Obtain a list of the child's preferred interests and activities and integrate them into therapy.
- Keep sessions shorter and potentially more frequent (e.g., two 30-minute sessions a week).
- Hold session in the largest room to give the child space to move.
- To give clients a sense of control, allow them to choose their screen background.
- For children under age 10, include parents in most, if not all, of the session.
- Involve the child in a portion of the session, then talk with parents once the child is unable to continue focusing.
- Review the schedule for the session and develop routine opening and closing activities.
- Set up a reinforcement system for participation. For example, give them a star for every few minutes of participation. After they earn 3 stars, clients get to play online games, watch a silly video, ride virtual roller coasters, show-and-tell, etc.
- Provide movement breaks. For example, use GoNoodle, scavenger hunts, silly exercises, dance.
- Read online stories together.
- If all else fails, put on a funny video, like 'screaming goats' to regain the child's interest.
- Use YouTube videos, such as Daniel Tiger to facilitate therapy goals.
- Play online games, such as Connect 4, Uno, Bingo, Memory
<https://www.speechtherapystore.com/reinforcement-games-for-speech-therapy-teletherapy/>



ADOLESCENTS

- Address security concerns about telehealth – discuss encryption and notes that the session is not “on the internet” nor being recorded.
- Explore music and art together on YouTube to facilitate therapy goals.
- Assign therapy apps that can be done together, assigned as HW, and reviewed during the next session (e.g., Stop, Breathe, and Think).
(https://medschool.ucsd.edu/som/psychiatry/research/CASRC/resources/SOCE/Documents/Free%20Therapeutic%20Homework%20Apps%20for%20Youth_062220.pdf)
- Ensure privacy for adolescents:
 - Closed doors
 - Headphones
 - Sound machine
 - If possible, have the parent go for a walk or move to another space
 - Use “white board” and chat functions to privately communicate with client



ALL AGES

- Identify a quiet space that is as free from distractions as possible.
- Perform sessions at home, when possible
- Engage in fun activities: doing art together, making up stories (each person tells one sentence, then the next person adds a sentence, and so on), closing your eyes and having the client instruct you to draw something.
- Give clients control so they can draw on the whiteboard, share their screen, etc.
- Use exaggerated expressions and gestures and make sure the camera is focused on your face.

