Plan with your provider before and after the telemedicine visit—how can you both help your child be ready, comfortable, and included in the most supportive ways.

Develop a social story and role play with your child to help them understand how the visit will work.

If your child cannot participate in a telehealth appointment, discuss this with your provider to explore options, such as an in-person visit.

WHAT DOES THIS MEAN?
This means your child may be feeling uncomfortable visiting their provider through a screen or device. They could also feel unsure or anxious about using technology. Additionally, your child may have behaviors that interfere with them being able to participate.

WHO CAN HELP?
- Your provider
- Your child’s school through their IEP services or school counselor (if applicable)
- Your family can help you role play with your child to prepare them for the visit

WHAT ARE MY NEXT STEPS?
- Plan with your provider before and after the telemedicine visit—how can you both help your child be ready, comfortable, and included in the most supportive ways?
- Develop a social story and role play with your child to help them understand how the visit will work.
- If your child cannot participate in a telehealth appointment, discuss this with your provider to explore options, such as an in-person visit.

WHERE CAN I LEARN MORE?
- Social stories for telehealth [here](#) & [here](#)
- Template to make your own social story
- Tips for Preparing Your Child for a Telemedicine Visit
- Best Strategies To Prepare For Your Child's Virtual Visit
- Video to prepare your child for teletherapy

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