



Helping Your Child Prepare for a Zoom Counseling Session

1. Find the Right Location

Work with your child to find a private, comfortable space in the home where they can be alone to participate in the session without being disturbed or overheard.

Ensure that you, or another parent/guardian, can be available at any time during the session.

Inform other family members about the session time so they know ahead of time not to disturb your child while in session.

Let your child know they can participate in the session while sitting in a comfortable chair, on a cozy spot on the floor, or at a desk, table, or counter. Tell your child to avoid sitting or lying in bed, which may cause drowsiness or distraction during the session.

Ensure that any TVs, radios, and other sounds are limited in the vicinity where your child will be having their session so that distractions are minimized. If this isn't possible, provide your child with headphones if available.

3. Materials for the Session

Before the session, ensure your child has access to:

- markers, colored pencils, or crayons.
- drawing paper.
- any activities/handouts your child's counselor has emailed prior to the session.
- any fidget toy or stuffed animal that helps your child feel focused and safe.

If your child's Zoom session becomes disconnected at any time, your child's counselor will call you on the phone to reconnect.

2. Set Up Your Zoom Session

Your child will need to have access to a computer, phone, or tablet with working camera and speakers in order to participate in the Zoom counseling session. If this is not available, your child can participate in a phone session with their counselor.

Prior to the session, check your internet connection, speakers, volume, and video to ensure all is in working order.

If your child is logging onto Zoom using a phone, ensure the Zoom app is downloaded prior to the session.

Your child's counselor will email you a Zoom meeting well in advance of the scheduled session. Ensure you received this meeting invite prior to the session time.

Log on to the Zoom meeting ten minutes prior to your child's scheduled session to ensure all is in working order.

If you anticipate there will be distracting noises during your child's session, supply them with a pair of headphones if possible.

4. Ensure Your Child Is Ready To Be Present and Focused

Support your child in having a bathroom break and/or snack if needed before the start of the session.

Ensure your child is dressed in comfortable clothing. Pajamas are not recommended. Getting dressed will help cue your child to prepare for their session and to be alert and awake.

