

Setting the stage for a successful pediatric telemedicine session can make a world of difference in how your child engages with your provider. Since your home is the clinic, a little bit of both physical, and technical, preparation goes a long way toward making the experience feel official, safe, and effective.

### **Prep Your Space**

- **Privacy:** Choose a room with a door that shuts. Ensure siblings are in another part of the home to prevent any eavesdropping anxiety.
- **Comfort:** Where is your child most at ease in the home? Selecting an area that they love will likely create a better result.
- **Seating:** Find a comfortable chair that will work for your child...and get one for yourself, while you're at it!

### **Technical Testing**

- **Device Stability:** Use a laptop or tablet on a kickstand rather than a smartphone. Shaky video can be physically tiring for you to maintain throughout the session.
- **The Five-Minute Rule:** Log in to the platform five minutes early to troubleshoot microphone or camera permissions.
- **Internet Strength:** If possible, ask other family members to pause high-bandwidth activities (like gaming) during the appointment to prevent lag.

### **Clinical Preparation**

- **Gather Props:** If your child is young, have a few favorite toys, a coloring book, or a favorite stuffie nearby. This helps them feel at ease while talking.
- **The Waiting Room Talk:** Explain to your child that while the doctor is on a screen, this is a real doctor's visit, just like going to the office.
- **Medication Review:** Have all current prescription bottles handy in case the psychiatrist needs to verify dosages or refill counts.

### **Managing Expectations**

Remember that the first 5-10 minutes are often just about settling in. It's perfectly normal for a child to be shy or even silly on camera at first. Most pediatric specialists are trained to use screen-sharing tools, digital whiteboards, and even online games to break the ice.

