

# Attending your child's video appointment

A telehealth guide for families



## Step 1: What you will need

Computer, laptop, tablet or smartphone with web-camera, speakers and microphone (these are often built into devices)	Internet connection and web browser	Plain coloured mat or blanket and your child's favourite toys	Paper and pen to take notes if needed	Telehealth instructions provided by your health professional.
	List of any questions or concerns to discuss		Your contact phone number	We recommend having 2 adults present if possible

## Step 2: Getting ready

Set up in a warm, quiet, private & well lit room		Lay the mat or blanket on the floor	Place toys within easy reach	Undress your child. Keep their nappy/diaper on
Set up camera with any natural light (e.g. window) behind it		Check you and your child are both in camera view		

## Step 3: Connecting

Follow the telehealth instructions to connect a few minutes before your appointment time	Check the connection with your health professional		Provide your phone number in case the connection fails	If you get cut off and can't reconnect, wait for a phone call from your health professional
			Confirm your child's name and date of birth	



Setting up your camera and checking you and your child are both in view takes time. If you don't have a tripod, you can create these phone holders using a bag of rice or a paper cup with the top cut out. For other ideas on how to create your own camera holder google 'DIY phone holders'.

For questions regarding your child's video appointment contact:

