

Outline of a School Based Teletherapy Session

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(With Adaptions from Early Intervention to School Based)

<https://www.easystepsia.com/post/outline-of-an-early-intervention-teletherapy-session?sfns=mo>

Planning Session After Session Scheduled:

(Prior to or 1st session)

1. 'Check in'
2. Discuss roles and expectations with the parent/caregiver
3. Determine what equipment available (if any)
 - a. Do a test session
4. What resources are available in the home?
5. What supports are in place for when you're working with them?
6. Caregiver's learning style
7. Discuss the plan for the next session

Beginning of Session

1. Greet the caregiver/student.
2. Ensure that they can see and hear you (if not, close the session and begin again).
3. Give suggestions for how the family needs to adjust their microphone and webcam.
4. Have cell phones ready for communication in case you need to talk on the phone to troubleshoot.
5. Review caregiver concerns and goals from the previous week.
6. Ask the caregiver if the child has met any new milestones/accomplishments since the last session.

Consider Starting Subsequent Sessions With

1. Checking in with student and family
2. How is student/caregiver feeling about the teletherapy sessions?
3. What new learning happening during the week?
4. What questions do they have about the suggestions/activities from the previous week?
 - a. Did you try any of the things suggested?
5. Review plan for the session and role of caregiver

While Conducting Therapy Activities

1. Be clear with directions.
2. Demonstrate the activity and explain how it relates to the session goal.
3. Coach the student and/or caregiver as they perform the therapy activity.
4. Involve other family members and siblings in the session activities if applicable.
5. Discuss how to incorporate the therapy activity into their daily home and school routines.
6. Review the activity and how to grade (modify) the activity if necessary.

Teletherapy Coaching Methods

Joint Activity Planning

During the activity, remind the caregiver how this activity/strategy helps the child reach the desired goal(s). Make sure all session activities are important to the caregiver/family and address an outcome/goal in the client's IEP. Get suggestions from the caregiver for future activities.

Model the Activity

Break the activity down into easy steps, demonstrate, and let the caregiver try.

Listen and Observe

As the caregiver performs the activity, observe their interaction with the child, and take notes so you can provide feedback. Assess how the child performs the activity. Listen without judgement.

Verbal Feedback and Guidance

If necessary, give the caregiver *constructive* ideas to improve, reinforce, and validate the caregiver's performance of the activity.

Problem Solving

Ask the caregiver reflective questions such as:

- "How did it feel for you to do that activity/strategy?"
- "Can you think of another time/routine that the client can perform this activity/strategy?"
- "What was most challenging about this activity?"

End of Session

1. Summarize the session, including relating to goals.
2. Reflect overall session/activities
 - What went well/not well?
 - Successes and opportunities
3. Discuss the next session with the child and/or caregiver, including "homework" to be done prior to the session, the toys/items needed for the next session, and strategies for the next session
4. Schedule the next session date and time.

Giving homework/activities until next session

1. Explain what the student can work on for the next session
2. Remind caregiver what materials will be needed for the next session.

After the session:

1. Follow-up with an email:
 - Summary
 - Other homework resources (worksheets, weblinks, videos)
 - Caregiver informational resources
 - Reminder for the next session date and time