Tips for Virtual Sessions. #Get an Early Start, #At Home, #In This Together.

Early Start Information and Resources for Families with Children Ages 0 to 3 in Santa Clara County, California. (408)727-5775. info@php.com www.php.com

A virtual session? How should I prepare?

Introduce your child! Use a One-Page Profile. Keep it simple and positive. Share a copy. Samples online https://onepageprofiles.wordpress.com

Learn about your child's development www.cdc.gov Milestones in Action: photos, videos & printable checklist. Try the CDC's Free Milestone Tracker app today on App Store and Google Play. Now available in Spanish. Because milestones matter! Milestone checklist for 2 months to 5 years, summary of your child's milestones, activities to help your child's development, tips for what to do if you have concerns, appointment reminders.

Remember, You are the expert in your child. You know best what he or she can or cannot do. You are valued by all the professionals that work with you.

Prepare Schedule at a time that works for you and your family - at home. Write down all your questions.

Tech Check! How will you be joining? Join.me, Zoom, WhatsApp, Messenger, GoToMeeting, GoogleVoices, Zoho, Skype, FaceTime, Connect, EzTalks, Slack
 Ask the team for support if needed. Request a practice session.

Natural is perfect! Find a place in your home that is comfortable for you and your child.

Virtual sessions are a great way to show your child's skills in a natural environment!

If emotions flow.. it's ok! Ask for a 5 min. break. Count to 10 & breathe. Postpone the sessions if needed.

Before the session ends Explain your concerns in detail. Ask for as much clarification as needed.

Next steps? When will you meet again? If there's a plan ask it be explained and shared with you.

Finally reward yourself with a very well deserved break!

#We are parents too #EarlyInterventionIsKey We can talk Any time! PHP Parents Helping Parents (408)727-5775 info@php.com

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