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Simple Steps for a Successful Visit

Welcome! We're excited to partner with your family. A little preparation before your session helps us make the most of our time together and creates the best learning environment for your child.

Before Your Appointment

✓ Test Your Technology

Please make sure your:

- Computer, tablet, or smartphone is charged.
- Camera and microphone are working.
- Internet connection is stable.
- Zoom link is easily accessible.

If possible, join your session **5 minutes early**.

✓ Choose a Quiet Space

Select a room that is:

- Quiet
- Well lit
- Free from television and loud music
- Comfortable for your child

Reducing distractions helps children stay engaged.

✓ Position Your Camera

Place your device where your therapist can clearly see:

- Your child's face
- Their hands
- Their upper body
- The activity or meal (if applicable)

Avoid holding your device during the session whenever possible.



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Have These Items Ready

Depending on your child's goals, your therapist may ask you to have:

- Favorite toys
- Books
- Bubbles
- Crayons or markers
- Paper
- Blocks
- Snacks or drinks
- Spoon, cup, or feeding supplies
- High chair (for feeding sessions)

Your therapist will let you know if any special materials are needed.

Success Starts Before the Session!

A few minutes of preparation helps us maximize your child's progress and make every virtual visit engaging, productive, and fun.

During the Session

Parents Are an Important Part of Therapy

Virtual therapy is a team effort!

Your participation helps your child:

- Learn new skills
- Stay engaged
- Practice strategies between sessions
- Generalize skills into everyday life

Parents or caregivers are to remain present throughout the session.



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Follow Your Child's Lead

Some children participate immediately.

Others need a few minutes to warm up.

That's perfectly okay!

Your therapist will adjust activities to match your child's interests and energy level.

Expect Movement

Children learn through play.

It's normal for them to:

- Stand up
- Move around
- Bring toys
- Change activities

Your therapist knows how to keep learning fun and engaging.

If Your Child Doesn't Want to Participate...

Don't worry!

This is very common.

Your therapist may:

- Coach you through activities
- Observe your child's interactions
- Modify the plan
- Incorporate favorite toys
- Build rapport first

Every session is individualized.



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Feeding Therapy Sessions

For feeding appointments, please have:

- ✓ Foods your child typically eats
- ✓ Foods your child is learning to eat (if recommended)
- ✓ Plates, utensils, cups, bibs, or other feeding equipment
- ✓ A high chair or preferred seating

Whenever possible, schedule feeding therapy during one of your child's regular mealtimes. Your therapist will guide you on what to have prepared based on their individualized goals.

Between Sessions

★ Practice makes progress!

Your therapist may provide:

- Home practice ideas
- Simple activities
- Parent coaching
- Feeding strategies
- Language-building techniques

Even **5–10 minutes a day** can make a meaningful difference.

Troubleshooting Technology

If you lose your internet connection:

- Rejoin the meeting using the same link.
- Restart your device if needed.
- Contact us if you're unable to reconnect.

We understand that technology doesn't always cooperate!



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Our Goal

We want every family to feel:

- ♥ Comfortable
- ♥ Supported
- ♥ Confident

Together, we'll create meaningful learning experiences that fit naturally into your child's everyday life.

Need Help Before Your Appointment?

If you have questions before your session, please don't hesitate to reach out.

We're happy to help!

1st Foundations Pediatric Therapy

Helping children build strong foundations for lifelong success through expert virtual speech and feeding therapy. Serving families across Virginia and North Carolina