

JETT SPEECH THERAPY

GETTING READY FOR TELETHERAPY

How to set up your space and technology for a great virtual session

TECHNOLOGY CHECKLIST

- A computer, laptop, or tablet with a camera and microphone. A larger screen is easier for interactive activities than a phone.
- A stable internet connection. If possible, sit near your router or use a wired connection.
- Close other apps and downloads during the session to keep video smooth.
- Headphones (optional but helpful) reduce echo and help with listening tasks.
- Log in through the Client Portal a few minutes early to test audio and video.

SET UP THE SPACE

- Choose a quiet room with the door closed if possible; turn off TVs and background music.
- Sit at a table or desk rather than a couch or bed — it helps with focus and posture.
- Face a light source (like a window or lamp) so the therapist can clearly see the mouth. Seeing how sounds are made matters in speech therapy.
- Keep pets and siblings occupied elsewhere when you can.

FOR PARENTS OF YOUNGER CLIENTS

- Plan to stay nearby, especially at first. Your therapist will let you know how much support is helpful.
- Have a small set of preferred toys, snacks, or reinforcers within reach if your therapist requests them.
- Treat the session like an in-person appointment: same seat, same time, same routine helps children settle in quickly.

DURING THE SESSION

- It's okay if technology hiccups happen — your therapist will guide you through reconnecting.
- Ask questions! The end of a session is a great time to review home practice.
- If something about the setup isn't working (glare, echo, distractions), say so — small changes make a big difference.

A NOTE

This guide is general educational information, not individualized medical or therapeutic advice. If you have concerns about speech or language, a licensed speech-language pathologist can evaluate your specific situation. Jett Speech Therapy currently serves clients ages 5 and up, virtually, throughout California.