

PREPARING YOUR CHILD FOR TELEPSYCHOLOGY

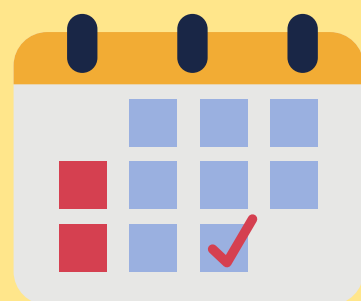


By NUS Clinical and Health Psychology Clinic (CHPC)

BEFORE THE FIRST SESSION...

PUT UP REMINDERS

Put up reminders on your child's visual or written schedule to mentally prepare your child. Pre-empt your child about who they will be meeting online, why, and for how long.



Jane, we will be meeting Ms Lee this Friday for an hour over the computer. We can talk to her about how you are feeling about school.

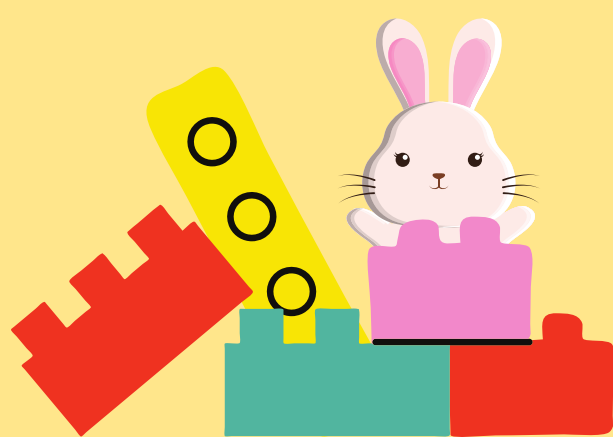
PREPARE THE SPACE



Prepare the space by finding comfortable seating for your child (e.g., low table and chair) and removing any distractions nearby. Keep a set of earphones/headphones nearby. It may come in handy if your child speaks too softly or prefers some privacy.

SELECT TOYS OR ITEMS TO TALK ABOUT

Help your child choose some toys or items to share with the psychologist. This can help them to build rapport. Keep the items in a box with a lid till requested for during the session.



PREPARE TO SUPERVISE IF NEEDED



The psychologist will let you know if you need to accompany your child during the session or if your child can be seen alone. Younger children may need supervision to manage the technology and to get the most out of the session.

AND YOU'RE READY TO GO!

Contact us at chpc.enquiries@nus.edu.sg should you have any other queries or concerns.