

Parents' and Clinicians' Roles in Therapy

As each family has unique needs, these roles should be discussed with parents and adjusted based on their needs and capacity.

	PREPARATION		DURING THERAPY / VISIT		AFTER VISIT	
IN-PERSON THERAPY	PARENT	CLINICIAN	PARENT	CLINICIAN	PARENT	CLINICIAN
	Transportation Balancing childcare/ own work	Setting up/cleaning up clinic room/toys	Help manage child's attention/ engagement (e.g., remind child to focus on therapy) Learn and practice strategies	Providing hands-on demonstration and coaching	Home practice Monitoring child's skills	Designing and communicating home practice

	PREPARATION		DURING THERAPY / VISIT		AFTER VISIT	
ONLINE THERAPY	PARENT	CLINICIAN	PARENT	CLINICIAN	PARENT	CLINICIAN
	Preparing a therapy space (e.g., quiet environment, setting up/cleaning up toys & activities, computer set ups) Balancing childcare/ own work Managing/ troubleshooting technology (logging in, adjusting positioning of devices)	Creating Zoom link Setting up virtual activities	Managing child's attention Carrying out therapy strategies Repeating clinicians' instructions to child Observing & reporting on child's performance (e.g., when video is not good) Managing therapy environment (e.g., making adjustments based on clinicians' request, minimizing other home distractions)	Providing advice on managing child behavior/ therapy environment Providing coaching on strategy use	Printing home practice Carrying out practice at day-to-day environment Monitoring child's progress	Designing and communicating home practice



Suggested questions to be discussed with parents

PREPARATION	DURING THERAPY	AFTER VISITS
<ol style="list-style-type: none"> 1. How feasible is it for you to bring your child to appointments in person? 2. How feasible will be it for you to set up a time/space in your home for our online visits? 	<ol style="list-style-type: none"> 1. What do you see to be your role in therapy? 2. What do you expect from the therapist? 3. How hands-on in therapy do you want to be/are you able to be at this time in your child's therapy? 4. How feasible will it be for you to manage your child's attention during online visits? 5. How comfortable are you with learning new strategies with coaching provided online versus with hands-on in-person demonstrations? 6. How is your child responding to teletherapy versus in-person therapy/ school? What's your best guess about your child's ability to engage online versus in-person? 	<ol style="list-style-type: none"> 1. How comfortable do you feel about applying therapy strategies in your home outside of therapy sessions? 2. How much time/energy/bandwidth do you have for carrying out therapy activities outside of therapy sessions? 3. What kind of home activities is feasible to you? 4. What kind of support do you need to carryout home activities (e.g., do you need activities print out to be mailed to you? toy suggestions/loans?)

Suggested guiding questions for SLPs' reflection on family's need

- | | | |
|---|--|---|
| <ol style="list-style-type: none"> 1. Have I given the parent a realistic sense of the type of commitment they can expect (i.e., parents' role all therapy-related aspects)? 2. What is the parent's expressed preference for therapy format (virtual vs. in person)? 3. What is the parent's capacity for attending sessions in person (e.g., do they often miss sessions)? | <ol style="list-style-type: none"> 4. What is the parent's capacity for providing hands-on support during the therapy session (e.g., do they have other needs at home, e.g., work or younger children)? 5. How engaged is the child in in-person/virtual therapy? How are they responding to the activities offered? How well am I able to engage them in the therapy activities? 6. How much time/energy/bandwidth does the family have for implementing therapy activities outside of the sessions? | <ol style="list-style-type: none"> 7. How well do these activities fit into the family's life? If the family cannot carry out "homework", are there other activities they could incorporate more seamlessly? 8. What are the family's expectations of me as a clinician? 9. What additional support do the parents need/want? More coaching? More concrete activities they can do at home (e.g., games on loan)? |
|---|--|---|