



I am having a Video Visit with Texas Children's today!



This is **my** appointment! I am an important part of this video call. I can point the screen at myself so my healthcare team can see and hear me.



When a person comes to the screen, I should give them all of my attention. I will pause my game. I will put down my toys. I will sit quietly and say, "Hello!"



It's important to let my healthcare team know how I feel. I can help by answering all of their questions. They may ask the person who takes care of me to feel my tummy or forehead.



I can sit quietly and do an activity while the person who takes care of me talks with the person on the screen.



How many bears can you find on this page?



Caregivers –

Prepare for your child’s virtual visit. This is your child’s appointment. Please make sure they are with you. Choose a safe, quiet, private space for your visit. Do not drive or be in a moving vehicle during the visit.

Minimize distractions such as loud backgrounds and televisions. Give safe, quiet activities to siblings or other children who may want your attention while you speak with the healthcare team.

Gather a few activities for your child to use when the healthcare team does not require your child’s attention. Pass one activity at a time to your child, so the activities last until the end of the visit.

Ideas for activities and apps for patients to engage in quietly during caregiver-physician conversations:

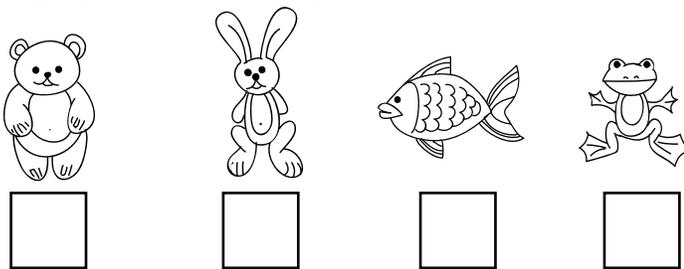
Activities:

- | | | | | |
|---------|-----------------|--------------|-----------------|------------------------|
| books | coloring sheets | playdough | stuffed animals | action figures |
| bubbles | word searches | this handout | stickers | tablet with headphones |

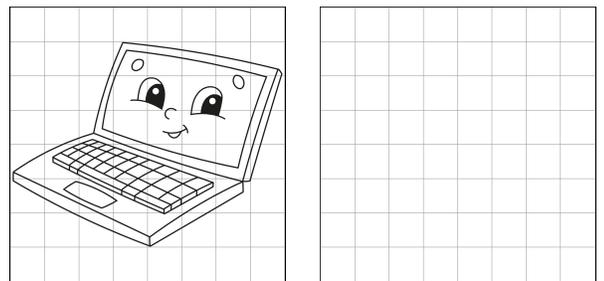
Apps:

- | | | |
|------------|--------------------------|------------------------------|
| DisneyNOW | Toca Boca games | Crayola® free coloring pages |
| Lego® City | Piano/xylophone game/app | Fluidity HD |

Color and Count



Copy the Picture



Trace and Color

