

Telemedicine Visits: Tips for Infant & Toddler Families

With the current health crisis, many people are getting their medical care a new way - through telemedicine. Telemedicine is an easy way to see your doctor or nurse practitioner using a video on a phone or computer. This means the child and family stay at home for the visit. In Developmental & Behavioral Pediatrics, we use an app called Zoom.

Some families worry that video will not be as good as an in-person appointment. Our team has been using telemedicine for almost two years now. We have found that we are able to assess child development, help families find resources, and provide families with helpful ideas. Rest assured, if your provider does not feel they can provide you with needed answers during the video session, we will make sure you have an in-person visit as soon as possible.



There are things families can do to make the most of a video appointment:

- Try out the Zoom app prior to the visit if it is new to you.
- Make sure you are connected to Wi-Fi and that your device is charged.
- If you have a scale and can weigh your baby, please do!
- Prepare for the visit just as if you were coming to clinic. Write your questions down. Have a pen and paper ready.
- Try to make sure your baby is awake and ready to play! If your baby is sleeping, please plan to wake him or her for at least part of the visit.
 - Tip the camera so we can see your baby move, talk and play!
 - Dress your baby lightly. Having your baby in a t-shirt or onsie will help us see how your baby moves his or her body.
 - Have a blanket or mat on the floor with some toys ready. We will want to watch him or her move and explore. We will also want to see how your baby uses his or her hands, so please have some blocks or other small objects.
- Prepare your home to limit distractions. Let family members know the visit will be taking place.
- Be patient with our team. If your doctor or nurse practitioner isn't on video right when scheduled, know that he or she may be tied up with another child.