

Video Conferencing for Anxious Students

Family School Coordinator Tips for Parents

1. Communicate any questions or concerns with child's teacher.
2. Provide child with advanced notice of video conference schedule.
3. Build a routine. Children do best when things are predictable. Designate a comfortable location which child can personalize. Consistently use the same device, when possible, to create familiarity. Include calming tools or fidgets in workspace.
4. Stress flexibility. It is important to know that the video conference may not go as planned. Share feelings and validate emotions.
5. Practice video conferencing with family and friends to build confidence with the platform. Platform could present differently on different types of devices.
6. Prepare child by role playing before going online, either with another person or in front of a mirror. Practice what your child wants to say. Prepare notes or script ahead of time.
7. Choose video conference platform settings that support child's comfort level: turn off personal video, use audio only setting, select an option to only view teacher on screen. Encourage use of communication tools provided by platform or self-made response signs. Wearing headphones or ear buds could be beneficial.
8. Engage child in some exercise, yoga, or mindfulness before video conference. Allow movement or standing during video conferencing.
9. Self-care and support are essential. Utilize coping strategies that work for your child. Reference provided calm down strategies.
10. Reach out to Family School Coordinators for support, if needed.

