Orthophonie VoxLingue
Speech and Language

Printable sheet

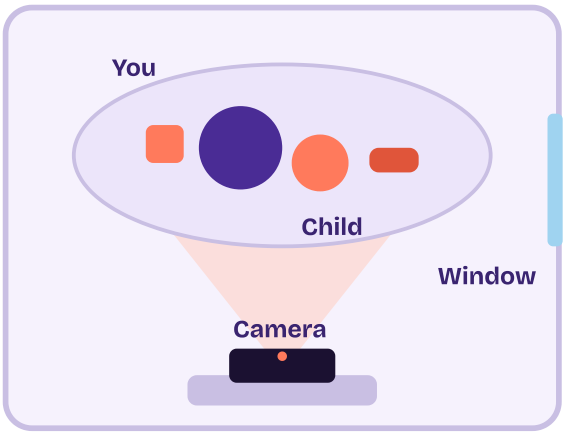
Before your toddler's first online speech therapy session: room, toys and camera

From 18 months to 3 years, online speech therapy is mostly about coaching you while you play with your child. Your child doesn't need to look at the screen: the screen is for you.

Five things to prepare

- [ ] A few toys your child loves, plus one or two the SLP asked for
- [ ] A quiet room, with the TV off
- [ ] A camera placed low enough to show your child's face and hands, and yours
- [ ] A computer or tablet rather than a phone
- [ ] A plan for siblings and pets, with another adult if possible

Where to put the camera



- Low, on a shelf or a piece of furniture
- No window behind you
- Your child plays on the floor, with you

During the session, you will

1. Play with your child as usual
2. Watch the SLP show a strategy
3. Try it with your child and get feedback
4. Ask your questions

Four questions to ask your SLP

Are you registered with the OOAQ (or with CASLPO, in Ontario)?

What should I do if my child wanders off or runs away?

What would need an in-person visit?

Can we work in our home language?

If your child cries, wanders off or won't play, it is not a failure: it is useful information for the SLP. You will leave with one or two things to try during the week, without asking your child to repeat.

Worried about language? In Québec, contact the CLSC or ask the doctor (Agir tôt, free). At the same time, you can see an SLP privately. In Ontario: Preschool Speech and Language program, no referral needed.

Sources: Québec telehealth network (2025, 2026); Kwok and colleagues (2022); OOAQ, telepractice (in French); INSPQ (2023, in French); Québec.ca, Agir tôt.
General information: this sheet does not replace an assessment.