

Preparing for OXPIP Parent-Infant Therapy Online

At OXPIP, it is important that our therapeutic sessions are held in a safe and comfortable environment. When we are online, the responsibility for creating a safe space is shared between you and your therapist. Please feel free to discuss the suggestions below with your therapist, in order to choose the best location and create the best atmosphere for you and your baby.

Make sure that Zoom is already downloaded onto your computer/tablet and that your camera and microphone are working. Once you receive the email invitation (check your spam folder!), open the link and follow the prompts.

Creating Your Safe Space

- Your time with OXPIP requires privacy and confidentiality. A sense of security is an important aspect of our work.
- If possible, find a private room where you won't be overheard or interrupted, and where you can speak comfortably and freely
- If you can, find a comfortable place, sitting on the floor with your baby and a few toys to share



Technology Tips

- If possible use a laptop or tablet (plugged-in or fully charged) with a strong WIFI connection in the room in which you are going to have your session
- If you can, reduce distractions by turning off notifications. Leave your phone switched on as your therapist may need to call you if there are any connection problems
- Make sure you and your baby fit into the viewing screen – we want to meet both of you!



Oxford Parent Infant Project

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