



Use a device with a flash available. Photography is all about lighting! Choose a well-lit area, the more natural light, the better.



A small flashlight or ring light will help us see inside the mouth a little bit better. Pictures with shadows behind the patient are not great, move to a different area or add more light.



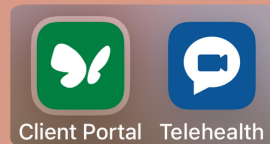
- Share videos of baby feeding on breast or bottle.
- Share photos under tongue and lips.
- Send us your photos via Google Drive "restricted" link or upload to your patient portal.
- Contact our admin team if you have any questions.

## TELEHEALTH INSTRUCTIONS

From Middle Tennessee  
to your home, wherever you live



Good internet speed is crucial for the therapist to be able to properly see the patient. Download the Simple Practice Apps to your device or access emailed links from your computer.



Telehealth is a great option for patients and therapists who live at a distance and/or during times of severe weather or illness. If the patient is an infant or small child, we may have you take additional photos and/or videos of them feeding or of their open mouth. Ideally, patients (or parents holding a child) will need to be able to sit in a chair with feet on the floor and learn good posture. The less distractions the better. Good lighting needed. Good internet connection or ability to hotspot. Be punctual because we are limited with our time together.



**The BreatheWell Group**

*Function with a purpose.*

**Oral Motor  
Telehealth for Infants  
and toddlers**



The BreatheWell Group  
[www.thebreathegroup.com](http://www.thebreathegroup.com)  
CALL: 615-754-2134  
TEXT: 615- 541-9249

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You may need two pairs of adult hands to hold baby, open their mouth and take photos. It may be easier to take videos if you have a moving target.



Please reach out to our Admin Team should you have any questions.

After the evaluation we will usually schedule 3-5 sessions to target all oral muscles to manually obtain correct function. Each session is a building block. Progression is dependent on mastering previous skills.



It's never too soon to speak with your baby and/or toddler about their mouth. They may have natural curiosity. Show them how to play oral hygiene with their stuffed animals and dolls. Have them become comfortable with a mirror, exploring their own mouth.



If you have a telehealth appointment, you will receive a link via email 10-15 minutes prior to the appointment. You can log in straight from your computer or download the Simple Practice Telehealth app to an Apple or Android device. If you do not receive that link, message your therapist through the portal to let them know.



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