

VIRTUAL INSTRUCTION GUIDELINES

I look forward to meeting you and your baby soon! Here are the 5 easy steps to a virtual lesson with Stellar Caterpillar.

STEP 1: CONTACT DONNA & SUBMIT INFO ABOUT YOUR BABY

Submit a short video (if possible) of your baby moving around on the floor. Send the video to Stellar Caterpillar in the contact section of the website stellarcaterpillar.com Describe what movement skills you would like your baby to learn. If you are not able to submit a video, that is fine, but it does provide helpful information to make the most out of the virtual lesson.

STEP 2: TECHNOLOGY SET-UP

Set up google + video "hangout" on your computer. This requires setting up google + and then clicking on the "Start a Hangout" button (featured on the right hand side of the screen). Once you click on it you will be asked to download the google microphone and video. Click on the button to download and it should take only a few minutes. Test your technology with a friend to make sure it is working correctly.

STEP 3: SCHEDULE YOUR VIRTUAL LESSON

Schedule your 30 minute virtual lesson by sending an email to donna@stellarcaterpillar.com. Choose a time when baby is usually alert (not meal time or nap time). It is highly recommended that both parents attend the lesson when possible. Weekend and evening appointments are available.

STEP 4: PREPARE YOUR HOME "CLASSROOM"

Shortly before your appointment begins, arrange your space as follows:

- Spread out a thick blanket or very large yoga mat on the floor, if it is hardwood or tile, or a thick blanket if carpeted
- Place a few of baby's favorite toys nearby to keep her attention during the lesson
- Check the volume control on your computer to make sure it is turned up
- Have a flexible doll or stuffed animal with you to try the movement instructions with prior to working with baby
- Keep in mind that as you observe yourself on the computer screen you will see a delay (this means that your words and movements happen later on the screen than when you actually make them). This is OK. The image comes across smoothly to Donna.

STEP 5: HANGOUT

At the scheduled appointment time, Donna Eshelman of Stellar Caterpillar will invite you to "Hangout." Just click to join the hangout and the learning begins.

Trouble shooting:

- No sound? Check to see if the volume is turned up.
- Feedback through the speakers? Turn the volume down slightly.
- Video is not working? Disconnect the hangout ("EXIT") and reconnect again.
- Baby distracted by the computer? or is too fussy? Work on your doll instead for awhile.

AFTER THE VIRTUAL LESSON

Stellar Caterpillar may send a follow-up email to direct you to a link or two on the website for more instruction of the lesson topic. The email may include a summary of important points covered. Feel free to email Stellar Caterpillar with any questions following the lesson, as well.