



1 F A M I L Y S T R E A M

SEASON 1

Intro

FabuRocks was created and inspired by our daughter FABU to help her with speech delay, learning disabilities, and ADHD at home. Our desire to help FABU led us to use gaming, unboxing videos, and live streaming as the primary therapeutic tool that produced quicker and more significant improvement than she had ever obtained through conventional therapy.

Now that FABU is older, she is no longer embarrassed for us, as a family, to openly discuss the obstacles she faces daily. After seeing her significant improvement over the years, she now understands the importance of being verbal about her disabilities, what we do, and how we do it to empower others like her.

For this reason, we have decided to create a Podcast to share our story, how we got here and where we are headed as we openly discuss our: Experiences, Methods, Techniques, what has worked, what has NOT worked, our frustrations, how we overcome our challenges and our plans.



SEASON 1

Episode 5

Equipping Ourselves

After making tough family decisions, we decided we were more than all in.

We now needed to equip ourselves with the proper equipment.

After much research, we quickly found out we had less than the basics. You may ask, what are the basics? We had a cheap camera (HD camera), a couple of office all in one PCs and a lot of enthusiasm!

After watching several channels about how to make YouTube videos for beginners, we quickly learned that we were in desperate need of a bunch of equipment we had no clue about. We needed a better quality camera, lights (who knew our home lights would not be enough), a microphone, a recorder (to record the audio from the microphone), a green screen if you want to be more creative, and a new computer that would allow us to edit and render a video promptly. Can you believe our all-in-one office PC took 21 hours to render a 6 min video? Talk about frustrating.

Some of the strategies we took to get the items we needed was:

- Looking for the best deal: We went to Best Buy and shopped the open box section. Found a 4k video camera with a considerable discount.
- At that time, a 4k video camera was as inexpensive as today. Five years ago, 4k was the latest technology out. Let's not forget back in the day, our cell phones only recorded in HD.
- We needed to educate ourselves with the items we were purchasing - We went to Sam Ash looking for a microphone and recorder. We went into the store asking for the best microphone and recorder for making videos. The sales associate asked us if we needed "a dynamic microphone, with phantom power."
- We soon realized we had no idea what we were doing. This associate gave us a 2-hour tutorial on the differences between microphones, recorders and which one would most suit our needs.
- Building our PC: We found that building our PC would not only be less expensive but would build it using parts that we could upgrade in the future when needed.
- Lights and Green Screen: Even though we had no idea how to use the lights and green screen yet, we bought these as these would allow us to get creative to keep making it exciting and enjoyable for Fabu. We even purchased a Green Suit that would make Fabu invisible after editing.

Our home office, little by little, became a mini recording studio.



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Previous Episodes

Episode 0

About Us

03/22/2021

Episode 1

How We Started

03/22/2021

Episode 2

First Therapy Session

03/29/2021

Episode 3

The AHA Moment

04/05/2021

Episode 4

Hitting Reality

04/12/2021

Upcoming Episodes

Episode 6

Getting the Right Software

04/26/2021

Episode 7

Therapy for the Therapist

05/03/2021

Episode 8

OMG! People are watching us

05/10/2021

Episode 9

IRL Therapy

05/17/2021

Episode 10

Pokémon Go Fever Hit

05/24/2021



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Episode 11

Pokémon Go Burnout

05/31/2021

Episode 12

Gaming therapy begins

06/07/2021

Episode 13

Unboxing Therapy

06/14/2021

Episode 14

Gaming on Multiple Platforms

06/21/2021

Episode 15

Live Streaming for the First Time

06/28/2021



SEASON 1



SEASON 2

Coming soon

