



Video Interaction Guidance for Children and Carers in Herefordshire

[part of the Herefordshire SEEdS project]

Are you worried about your foster child's behaviour or other areas of their development? Then VIG is for you!

What is VIG?

VIG is Video Interaction Guidance. This is a lovely approach which recognises the skills carers have and supports them to develop their interactions with the children in their care, in a way which supports the children's development and promotes the children's ability to make secure attachments. School staff and carers have noticed the difference it makes to children and there is also great deal of research evidence which shows how effective it is in bringing about change for children.

The VIG approach is great because it helps carers to reflect on exactly how what they are doing naturally is helping the children. Being involved in VIG really helps carers see specifically what they are doing, and how this supports their children. When they see what they are doing well, it enables them to do more of that specific thing, and also try different approaches in order to support the child even more. It is a really positive approach which recognises the skills of the carer in promoting the child's development.



VIG can also be helpful when carers feel they are struggling with a child and feel their relationship may not be as positive as they would like. VIG can help them to reconnect with their child in a positive way.

What happens in VIG?

Session 1:

The VIG guider, an Educational Psychologist, will talk to you to explain a bit about VIG and will show you a short video about how it works. They will then talk with you about your child and what you would like to be able to help them with e.g., their communication, behaviour, staying calm etc. The guider then makes a short video of about 10 minutes, of you doing an

enjoyable activity with your child. You and the guider discuss what sort of activity you feel your child would like to do. After this the guider takes the video away and analyses it, to pick out the most helpful moments, which show how you are helping your child.



Session 2 (usually 1-2 weeks later):

You and the guider look at the video together, in clips of a few seconds each, to really help you to see what effect you are having on your child, and how what you are doing is supporting them. Most people find this is a really positive, empowering experience, as they can see the impact they are having on the child. This is called the ‘shared review’ and will usually last about 45 minutes. During this session this you will discuss how you may be able to support your child to develop further.

At the end of this session, you then make another 10 minute video with your child, for the guider to take away and bring back to the next session.

Further sessions: Typically, most people have 3 to 4 video sessions followed by a shared review.

Final session: A shared review looking at the final video and evaluation of the progress you feel you and your child have made.

Most people really enjoy the process of taking part in VIG, and feel it is a really positive, helpful experience for their child and themselves

What carers have said about VIG

“It was lovely to see how we connect with each other and to see her smiling at me and the way she looked at me”

“I was a bit nervous about seeing myself on video, but when I actually saw it, it was really special to see what I was doing well”

“I feel much more confident that I’m doing a good job and giving him what he needs, he seems much calmer now”

Please look at the following website for a lovely animation of VIG in action:

<https://www.videointeractionguidance.net/carers>

For further information please contact:

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