

More on VIG

VIG ONLY looks at things you are doing well—so feels very supportive not critical

Go to https://www.youtube.com/watch?v=dpSHHS_YMLE to hear more parents talking about VIG or <https://videointeractionguidance.net/> for more information (including a short video on what happens in VIG/how VIG works)

“For us, we were fine with it...it wasn't intrusive. It didn't make you feel stupid. It didn't make you feel lacking as a parent, or a bad parent. It made you think about the situation and look at things a lot more differently...”

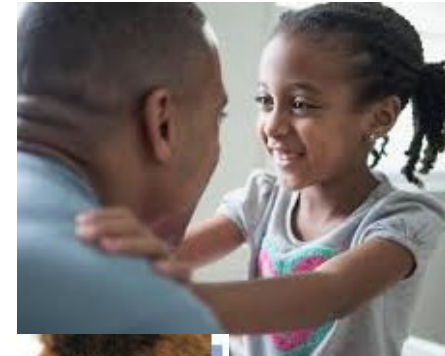
About your VIG guider

We are all qualified, experienced Educational Psychologists who work in schools across Gloucestershire. All VIG guiders are in training in VIG, receiving monthly supervision from an accredited VIGuk National Supervisor. Sessions are confidential, and we will only discuss progress with your child's school, if you are happy with this/want this. Your VIG guider will usually give you written feedback in the form of a letter, and trajectory plan at the end of the work together (usually after the last cycle of VIG).

Confidentiality & Safeguarding

Videos are only made when consent has been given in writing and parents/carers can withdraw their consent at any time. Videos are kept securely and confidentially for the period of work, and then deleted. Parents/carers may decide they would like to keep a copy of clips made, discuss this with your VIG guider. We all follow standard safeguarding procedures e.g. if we hear/see anything that suggests that your child is at risk of harm then we let relevant people at school know and follow the school's safeguarding policy.

Video Interaction Guidance (VIG)



Information for Parents and Carers

Gloucestershire Educational Psychology Service

What is VIG?

VIG is a **really positive approach** that uses video to help you understand and improve communication, building happy, healthy and trusting relationships. It can help you recognise your **strengths**, and discover **new skills**, by helping you **do more of the things you are doing well**.

“..having the visual aid helped... seeing how you're doing worked well... I'm doing it.. seeing is believing... I don't find it so hard now”

Adults who want to help a child's communication, interaction, behaviour and/or their social and emotional development, often find this approach helpful. Especially as VIG can be used with **any age group** and **any children**.



What exactly happens?

1. First the person working with you (your VIG guider) **meets with you** to agree how you will work together.
2. Next, a **short video** is taken (about 10 –15 mins) of you and your child together in a successful situation (e.g. playing a game, reading a book, making something together). This can be at home or school.
3. Your VIG guider looks at the video, and edits the film into very short clips, that show **positive moments**.
4. Your guider and you then look at the selection of short clips **together, in a**



‘Shared Review’, discussing what you think about the clips, sharing ideas and making plans for the next film.

Generally families need about **3 films and reviews** to start making some useful changes, but you can ask for more sessions, or stop after just one.

When is VIG useful?

VIG works well for parents/carers who would like to change something about the way they support their child's development. Using VIG will give you some time to:

- Stand back and watch your interaction with your child
- Think about what's working and how you can build on it
- Helps you to understand the part you play in building your relationship with your child
- Talk about your ideas with a VIG guider, who is experienced in supporting parents/carers

“Actually seeing myself..you notice more, and pick it up straight away. You pick up your body language and mannerisms, you see them watching you. Means you can then put into play what works”.

