



Creative Activities Parents Can Do With Their Children During Remote Supervised Visitation Services

April 15, 2020

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A Moment of Reflection



Think about a moment
of joy that you have
experienced over the
past week.



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Collective Trauma

Reminder:

Let's take a moment to honor ourselves as we navigate this challenging time.

We get to give ourselves, our colleagues, and the families we work with grace as we navigate this.





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Trauma Informed Basics to Fall Back On:

- Connection and relationship
- Transparency
- Predictability & routine
- “Lid flipping” basics
- Collaboration





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Remote Visitation Reminder

None of us have ever faced this before, and we are all learning as we go. Perfectionism has no place here.

Instead, we invite: connection, relationship, creativity, grace, adaptability, and safety.





General Tips for Connecting with Young People During Remote Visitation

- Normalize: “This is might be a little weird and different. We will figure it out together.”
- Be fun and silly when appropriate; invoke play.
- Spend time connecting with children and youth before and after visits.
- Remind everyone often of transition times during remote visits - “narration” or “sports casting”.
- Remind children & youth that tech issues may arise & it’s not specific to them.
- Visits may vary greatly in length and level of engagement.

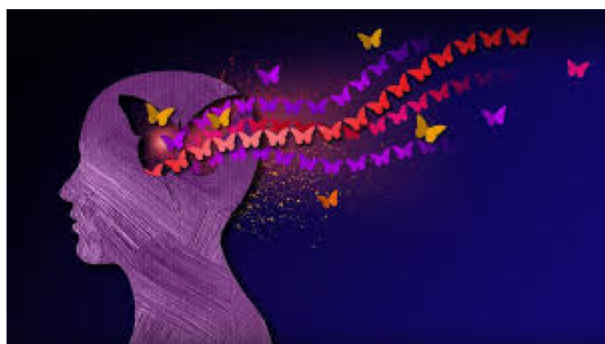


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Entertain Imagination

When a young person says “I wish xyz,” you can respond with:

“It sounds like that’s important to you. If you COULD see your dad in person, what would you wish to do?”



“I wish you could still go to school, too! If you were at school today, what would you choose to do?”



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There is no one size fits all for remote visitation activities.

You will need to assess each situation based on the unique emotional safety needs of the child and adult survivor.

What could be safe for one child, could be loaded and emotionally overwhelming for another.

**Remember
that Your Role
and Function
Hasn't
Changed**

Guiding Principles

**Safe Havens:
Supervised Visitation
and Safe Exchange
Grant Program**

- You are working to ensure the safety of adult victims and their children and safeguard against further harm.
- You are still operating under the OVW Supervised Visitation Guiding Principles.
- You are not working to ensure visits happen, but rather if visits happen, they happen safely.
- The role of SV services is not to direct or dictate parent/child activities.



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Office on Violence Against Women
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Age & Development



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Remember that not all children in the same age range are at the same place developmentally.

For many children and youth impacted by trauma, their age and developmental stage may vary.

Different children within the same family may have different needs: think about shorter, separate time for each child.

Use your best judgement.



Remote Visitation Activity Ideas: Infant - 2 years old

- Visiting parent sings to child.
- Visiting parent makes faces with child.
- Visiting parent reads stories to young children.
- Visiting parent holds up a stuffed animal or uses funny voices to talk to child.
- Engage in dialogue with the child, e.g. what is the sound a cat makes?



Remote Visitation Activity Ideas:

Ages 3 - 5

- Make silly faces together
- Sing together
- Counting games (how many fingers am I holding up? or lets count to 10 as fast we can together)
- What sound does an this animal make, e.g. cow, duck,...
- Reading a story out loud and narrate the pictures in the story
- Listen to music and dance together
- Draw pictures of the same things and show or describe them to each other
- Tell stories of favorite holiday memories, if safe & appropriate
- Tell imaginative stories with silly voices
- Have a virtual puppet show



Remote Visitation Activity Ideas

Elementary School Age

- Build a story together (adult and children take turns going back and forth to build an imaginative story)
- Story time with developmentally appropriate books (chapter books can be used over time and carry back into in-person visits)
- Dance party
- Sing songs together
- Take turns telling each other what to draw
- Charades
- Play adapted games such as silly simon-says or red-light/green light
- Play a sound effect game (guess the sound I'm making)



Remote Visitation Activity Ideas: Youth

- Listen to music together
- Watch an age appropriate show together
- Pictionary
- 20 guesses
- Play Battleship
- Do virtual science experiments

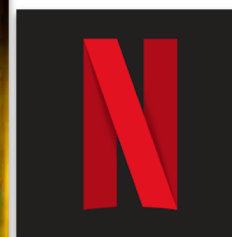




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For Screen Sharing & Streaming*

- Live cams of national parks, aquariums, zoos, nature preserves
- Free museum tours
- Favorite bands live performances
- Youtube storytimes
- Netflix party chrome extension
- Watch online story time or short videos together
- Play virtual scavenger hunt with video clips
- Screenshare “Where’s Waldo” or hidden object pictures



*Ensure screen sharing and online games are only launched and controlled with the staff connection.



For Screen Sharing & Streaming* (continued)

- Online games (such as sound effects game, guessing games, dictionary, trivia, etc.) Jackboxgames.com
- App based games (such charades for kids guessing game, Words with Friends)
- Online Karaoke

*Screen all apps for private chat and video connection capability and for Online games ensure screen sharing is only launched and controlled with the staff connection.



What's working so far?

For any of you who have had your first remote sessions, are there any activity ideas you would add?

What's going well?





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Upcoming Webinars

Every Wednesday in April

9-10 AM Hawaii / 10-11 AM Alaska / 11-12 AM Pacific / 12-1 PM Mountain / 1-2 PM Central / 2-3 PM Eastern

April 22

To be Announced

April 29

Providing Meaningful and Effective Language Access

Casa de Esperanza/National Latin@ Network

Log-in Details are Posted on our Webpage

<http://www.inspireactionforsocialchange.org/covid-19svsupport>



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SV&SE Drop-in Support Sessions

Weekly Tuesday Drop-in Sessions

April 21, & 28, 2020

7-8 AM Hawaii / 9-10 AM Alaska / 10-11 AM Pacific / 11 AM-12 PM Mountain / 12-1 PM Central / 1-2 PM Eastern

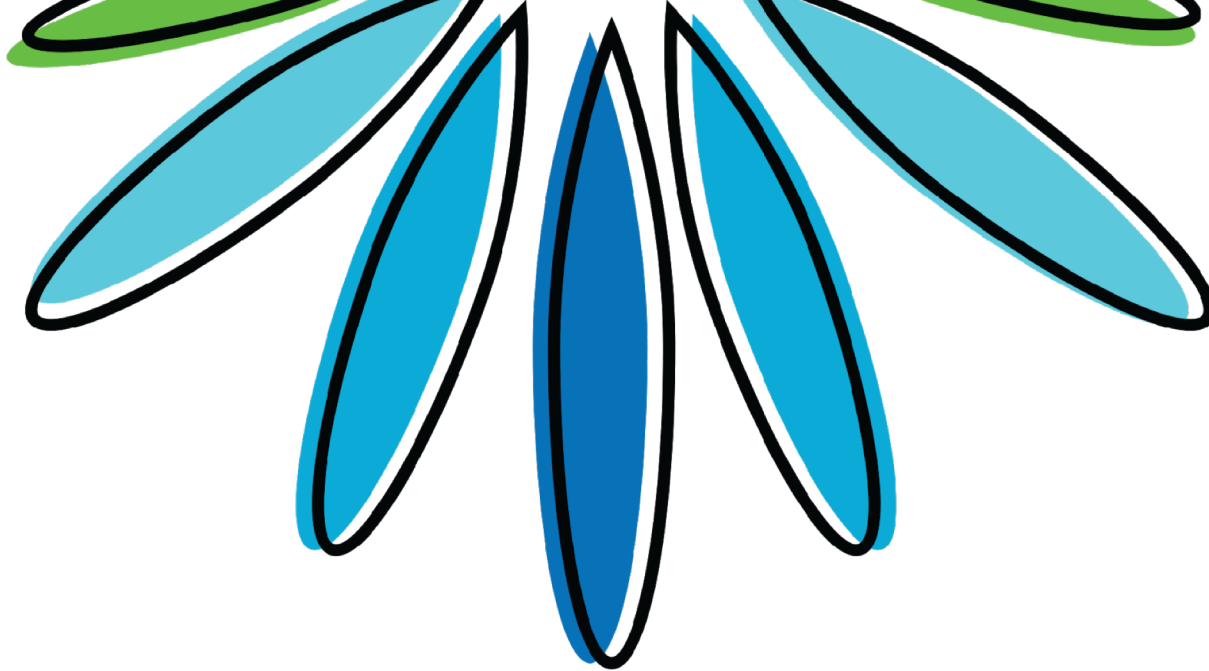
Weekly Thursday Drop-in Sessions

April 16, 23, & 30, 2020

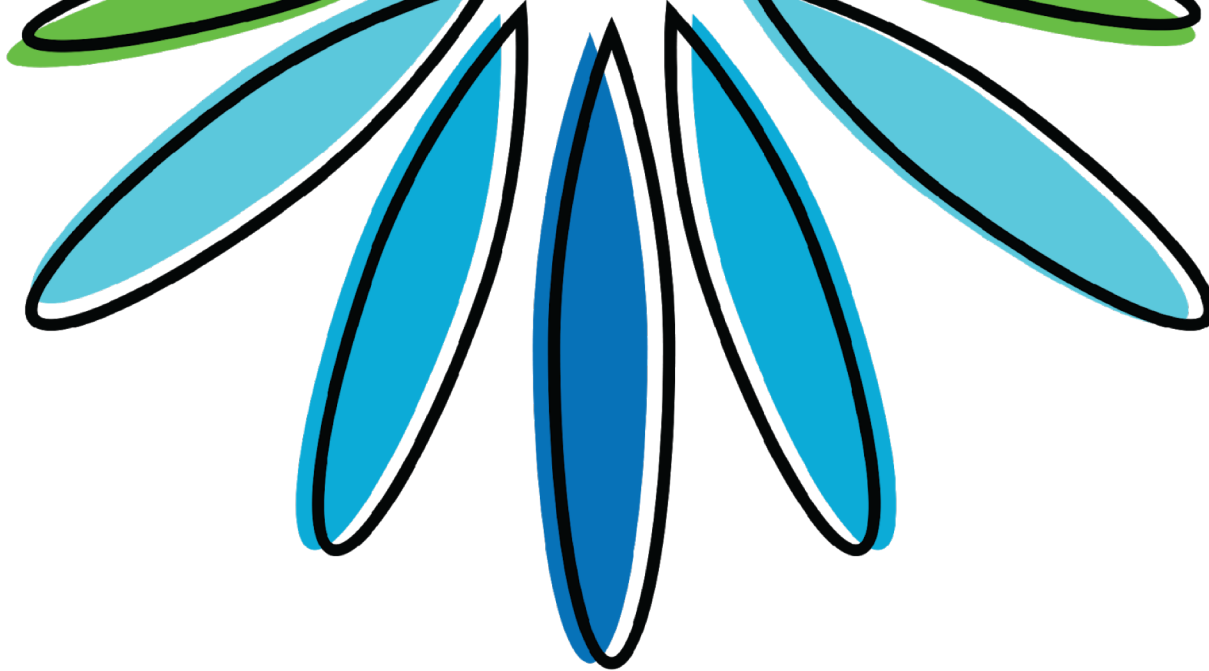
10-11 AM Hawaii / 12-1 PM Alaska / 1-2 PM Pacific / 2-3 PM Mountain / 3-4 PM Central / 4-5 PM Eastern

Call-in Details are Posted on our Webpage

<http://www.inspireactionforsocialchange.org/covid-19svsupport>



Please reach out to your OVW program specialist if you have questions regarding the temporary changes in delivering services.



We are here to provide you support - please contact us anytime
(Evenings and Weekends Included)

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