



How to Support Children and Youth During Remote Supervised Visitation

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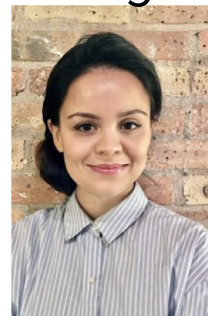
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A Moment of Reflection



Think about a moment of resilience that you have observed with a child (in your home, in your program, in your neighborhood, etc.) during this challenging time.



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Collective Trauma

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

Let's hold space for what's hard, while holding hope that all we learn during this time can grow in to something strong as we heal together in the future.

Thank You



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Everyone needs reassurance and affirmation right now.

WORDS OF AFFIRMATION

Kids need it times ten.



Trauma Informed Basics to Fall Back On:

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





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REMEMBER

Trauma / crisis does not always have to drive the bus, provide the map, route, and compass.

Sometimes it will take the wheel. Sometimes it will be in the passenger seat. When this happens, you and your program participants are not wrong or bad. You're human.

How can we be proactive so that trauma spends more time in the back seat?





Preparing Parents for Remote Visits (with kids in mind)

Before visit and apart from children:

Ask parents (individually) what they have shared with child(ren) about COVID-19.

- How are they explaining it to their kids and what language are they using?
- Discuss that children may ask YOU questions about the pandemic, and come to an agreement with parents about how to handle this.



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Preparing Parents for Remote Visits (with kids in mind)

Talk with visiting parent about how you will engage if an intervention is needed, with these key considerations:

“I will my keep language concise and as narrative as possible, being gentle and firm. For example, I might say: ‘Dad, can you talk to me about your frustration and together we can come up with a solution?’”



How to Establish Routine and Predictability During Remote Visits

Before visit, share with visiting parent:

“Stopping the spread of the virus has created a lot of disruption that will be stressful to many children. Routine and predictability help all people experiencing stress, but especially children. Would you like to talk about some ideas for maintaining routine while we do visits like this?”



How to Establish Routine and Predictability During Remote Visits (Continued)

- Someone rings a quiet bell when visit starts and 5 minutes before it ends, then at very end.
- Visiting parent always asks visiting child a question about their day or anything else they connect over.
- Virtual high fives at certain points.
- Story time
- Monitor always gives same time countdowns (half way done, 10 minutes left, 5, all done) etc.

...anything can be made routine if you do it enough



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Sample Script: Talking with parents about impact of this crisis on children during check-ins

“Stopping the spread of the virus has created disruption that is stressful for many children. Some children will show their stress through different behaviors like being extra clingy or being distant, eating more or less than normal, having a short attention span, difficult time with frustration, unable to sleep, etc. If you notice these changes in your children, it’s normal...and it also means they need extra care and attention. That can be hard when you are also spread more thin than normal. Let me know if you would like to talk about that more.”



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Sample Script: Planting seeds with parents to prevent harm to children

“Many parents all over the world are sharing that they are losing patience with their children during this challenging time. It’s normal and to be expected. If you worry that your frustration is getting hard to manage, there is no reason to be ashamed. We can talk about ways to cope.”





Sample Script: Preparing Children for Remote Visits

- “We won’t be having visits like this forever. For right now, while we all work on staying safe and healthy, visits are happening like this. As soon as we know when visits are going back to the old way, we will let you know.”
- “All families who do visits are doing them like this with us - not just your family. It’s one way we are all working together to make sure we stay safe and healthy while the doctors and scientists work on the virus.”



Preparing Children for Remote Visits

If the visit is happening via a video platform:



- Talk about tech issues that may arise and how you might handle them; assure children/youth that these issues are not specific to them.
- Share the logistics of how the virtual visit will work.
- Be silly and engaging when appropriate and depending on age - make faces, tell jokes, ask if they have any jokes or songs to perform during the visit. For teens ask if they have been using video options to stay in touch with friends, etc.



Preparing Children for Remote Visits

- Let kids know that you will be giving them information throughout the visit about how much time they have left.
- Share that this new and temporary way of visiting is different, and there might be things they like and don't like about it, and you want to hear about both during check-ins.



Practicing Remote Visits With Children and Youth

- Have the practice in the same format the virtual visit will happen.
- If they ever want to stop the visit, tell them how and practice if needed.
- If they want to pause the visit to talk privately to monitor, tell them how and practice if needed.



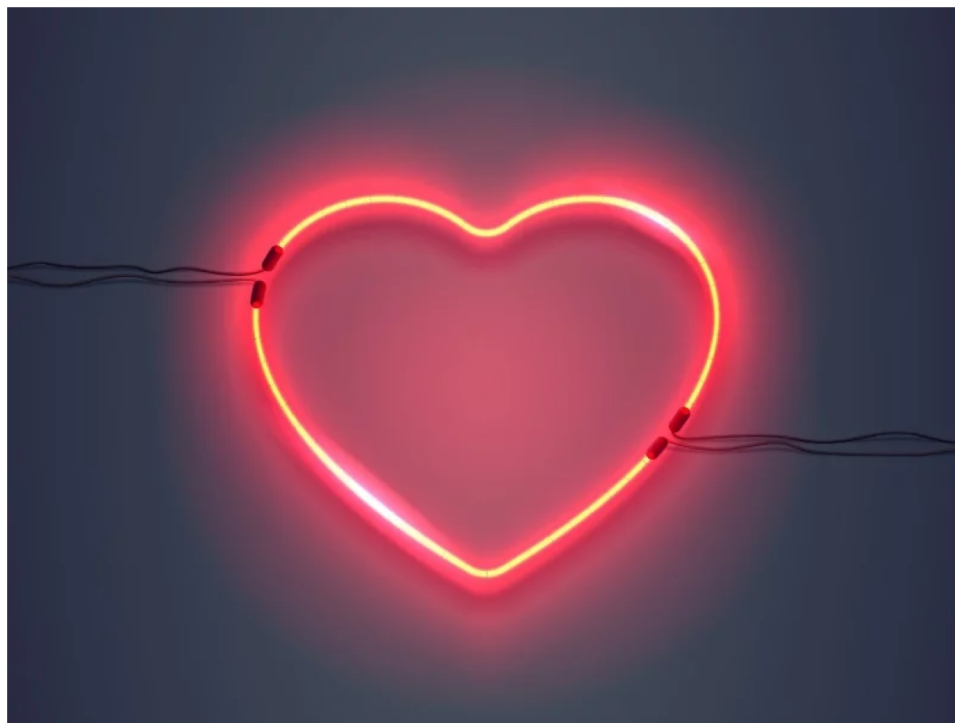
Sample Script: How to Talk About COVID-19 with Kids

“A virus is something that can make people sick, like when you get the cold or have a fever. Right now there is a certain kind of virus making a lot of people sick. Most people will be ok, especially kids. But we are all being extra careful to not share germs by washing our hands a lot, coughing in to our elbows, and keeping distance from each other. The doctors, nurses and scientists are working extra hard right now to keep us safe and healthy. The grown ups will tell you what we need to do to stay healthy.”



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When in Doubt:



REASSURE

AFFIRM



Closing Reflection

Before returning to work, your family and all the other things you are juggling right now, take a moment to jot down 1-2 things that made you laugh recently.

Write them in a place that you can easily access and look to when you need a loving reminder of your strength, resilience, and joy.





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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