



Introducing Video Activity

- Go into Groups and then practice with each other
- Role play introducing video review to a family (1-2 minutes)
 - Think of a family you'd like to record, but haven't yet:
 - What might you say?
 - What are your worries? What are their concerns?
 - How can we address those worries?
- Share responses as a large group



Suggested strategies (can tailor)

If you are not using parent's phone

- Record for about 5 minutes
- Debrief in the moment what that was like for the parent. Express gratitude/acknowledgement and let the caregivers know you'll bring back "clips" to show them at their next visit
- Choose clips (*with your supervisor as appropriate*).
- Many therapists find it helpful to include:
 - A positive parenting moment
 - A challenge (but considering waiting to present to this type of clip until trust is established)
 - A sweet moment of connection

Suggested Strategies (can tailor)

If you are using parent's phone

- Record the family (play with your baby for about 5 minutes)
- Jot down time stamps that reflect
 - A positive parenting moment
 - A challenging moment (but consider waiting to share this with the parent until videotaping is more comfortable for both of you)
 - A sweet connection

Sample Questions To Ask The Caregiver After Reviewing Clips:

- How typical was this interaction today?
- Did anything surprise you, concern you, or make you happy?
- What was the sweetest moment for you?
- Did you learn anything about yourself or your child while watching this video?
- Going forward, is there anything you hope to do more of or differently with your baby?



Additional Reflective Questions

- What did you notice? How typical was this interaction?
- What was the feeling while you were interacting? For you? Your child?
- What do you think your child was thinking or feeling? You?
- Does watching this tell you anything about your child or yourself? Your relationship?
- Are there things you enjoyed seeing yourself do? Your child?



Always keep in mind:

Goal is to help caregivers
build on strengths &
enhance their time with
their infant.

Considerations for Foster Care



- Therapy sessions should not replace regular parenting time/visits
- Video-recording may not be allowed by the court. Check with the agency or department to ensure that proper permission has been obtained.
- Consider using the client's own phone so that they own the recording versus placing it in the medical record