



## WHO CAN REFER?

Ask your Health Visitor or Midwife to refer you.

Alternatively you can self refer by calling 0151 608 8288 and asking for VIG support.

If you would like more information about Video Interaction Guidance and would like to chat to one of our VIG Practitioners please call 0151 608 8288



**KOALA NORTH WEST**

 0151 608 8288

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## VIDEO INTERACTION GUIDANCE

**SUPPORTING PARENTS AND THEIR  
CHILDREN TO STRENGTHEN  
RELATIONSHIPS, IMPROVE  
COMMUNICATION AND INTERACTION**



### Adapting to current times:

We are delighted to add that more recently we can offer VIG remotely.

This means that as an alternative to face to face support, we at Koala NW can now also offer VIG virtually.

Providing you have a phone or device to connect to the internet we can support you from the comfort of your own home.



## WHO IS 'VIDEO INTERACTION GUIDANCE' FOR?

- Maybe you feel like you are struggling to form a relationship with your baby
- You have low parental confidence and this is impacting upon your relationship with your baby
- You and your child struggle to communicate and understand one another.



## WHAT IS VIDEO INTERACTION GUIDANCE?

'Video Interaction Guidance' is an intervention offered by Koala North West, through which a practitioner aims to enhance communications within relationships. It aims to give parents a chance to reflect on their interaction with their child, drawing attention to elements that are successful, and supporting parents to make changes where desired.



## WHAT'S IT ABOUT?

'Video Interaction Guidance' is about capturing video clips that demonstrate positive moments of a parent or carer interacting with their child or infant during everyday activities. It is about encouraging and developing these, by being more sensitive to their child's communication attempts and having a greater awareness of how they can respond in a positive manner.

A trained VIG Practitioner aims to support parents and their infant/child to enhance communications within their relationship.

Over 6/8 weeks the Practitioner will film short moments of interaction with a parent and their infant supporting parents to make changes where desired. The intervention is strength based which means the parent and practitioner will then view some film and discuss the parts of positive interaction.



## FAMILY FEEDBACK

VIG can really support parents to strengthen their relationship and bond with their child. Here is some feedback from a mum of two who has recently had some VIG support.

"The VIG process has helped me understand my son a lot better, I didn't know if I could understand him until he could speak, but I can and I am doing it now. My son is so loving towards me since completing the 6 sessions and he comes to me more now. I thought I had to be full on when I played with him, but I don't..."

**"I UNDERSTAND HIM MORE NOW  
AND WHAT HE LIKES. WE ENJOY  
PLAYING TOGETHER SO MUCH!"**