

# Video Interaction Guidance (VIG)



Sometimes you, or the professional you are working with, may feel you could be getting more positivity out of parenting or that you may benefit from a better understanding of your child. VIG is something that can help you explore this.

You might be facing some challenges at home or want some help to improve your own mental health or improve your relationship with your child.



## How might VIG help?

-  VIG focuses on the things that you are doing well.
-  VIG helps you to recognise your strengths and discover new skills.
-  VIG helps you to understand the part that you play in building relationships with your child.
-  VIG helps you to do more of the things that you are doing well.

## How does VIG work?

The practitioner will take a short video (5–10 minutes) of you with your baby/child. They will then look at the video and choose approximately 3–4 short clips which show your successful moments together.

An appointment will be made to come back and share these clips with you and to discuss how you feel about them in a supportive, positive way.



Rest assured, VIG is about you and your family. We are committed to supporting you in the challenges you are facing, and we know that you are doing your best. We want to help you see for yourself the lovely interactions that you have and help you to improve your confidence as a parent.

Click to see how VIG is helping so many families.  **YouTube**

***With special thanks to all of the families who helped to create this leaflet and video.***

**If you'd like to know more, please contact us directly: Please contact the VIG leads directly or speak to your Health Visitor.**

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