Virtual Biological Family Visit Tips

**Before the Visit**

**Consider:**

- **Your Set Up:** For younger children, consider using baby gear such as a highchair or playcenter. For older children, consider a table, counter.

- **Combining Activities:** Can your visit overlap with a meal to keep your child at the table? Can it line up with craft time? Capitalize on things you know hold your child’s attention and that they’ll be excited to share with family.

**Prepare:**

- **Your Space:** to maintain confidentiality, ensure your space is clear of identifying information.

- **Your Child:** Set expectations for the visit. Remind your child it is virtual, not in person and how long it will last. Help your child think of things they want to share with their family.

- **CPS:** Make sure you communicate with your worker if there are specific activities you want to do with your child’s family.

**During the Visit**

**Monitor:** Make sure your child does not walk around with the camera. Try not to interject much, but if you sense discomfort, remind your child of something they wanted to share with their family member. Repeat questions asked by family members to help redirect focus.

**Activity Ideas:**

- Screen Share zoo visit or other outing
- Play games such as bingo, tic tac toe, charades, Mother May I, Simon Says, or I Spy
- Have a snack or meal together
- For babies, consider trying a new food, tummy time, or sensory play

**After the Visit**

**Prepare for Dysregulation:** As with any biological family visit, anticipate your child will experience a wide spectrum of emotions after hanging up. For some, these may be exacerbated by being virtual visits and not being able to be with their family physically.

**Plan something fun**

A movie night, a walk, a special dessert, you are the expert on what comforts your child. Build that into your day. Ask for input if your child is old enough. If your child is old enough, debrief as you normally would, giving space for conversation but not requiring it.