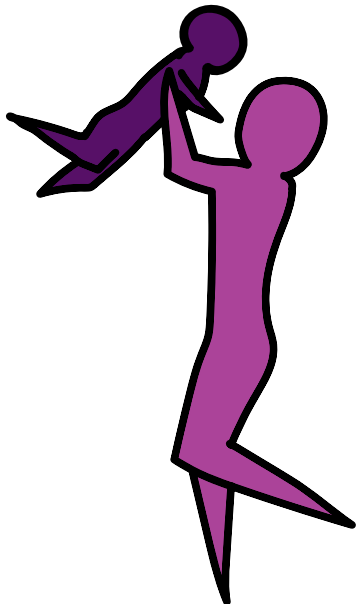


## How can I request involvement from the service?

The VIG service accepts requests for involvement for parents and carers from social workers, other practitioners working within Children and Family Services and Health Visitors. Please contact the Early Help Hub to make a request  
[www.cornwall.gov.uk/earlyhelphub](http://www.cornwall.gov.uk/earlyhelphub)

“ It really helps you see the world through your child’s eyes. ”



## Further information

If you are not sure whether the service would be right for you or someone you are working with then please ring for more information.

If you are a parent interested in this service please ring Clare Lowry for more information.

Telephone: **01209 614128**

Mobile: **07800 610638**

To make a request for VIG please go to  
[www.cornwall.gov.uk/earlyhelphub](http://www.cornwall.gov.uk/earlyhelphub)

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Information about the evidence base and a short video about VIG are available from the national AVIGuk Website at:

[www.videointeractionguidance.net](http://www.videointeractionguidance.net)  
<https://www.youtube.com/watch?v=WvPRdMZmj-Q>

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**If you would like this information in another format or language please contact:**

Cornwall Council, County Hall,  
Treyew Road, Truro, TR1 3AY

e: [comments@cornwall.gov.uk](mailto:comments@cornwall.gov.uk)  
t: 0300 1234 100

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for Cornwall  
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Nov 2018 JN44831



A guide to the

# Video Interaction Guidance (VIG) Service



[www.cornwall.gov.uk](http://www.cornwall.gov.uk)



# What is Video Interaction Guidance (VIG)?

VIG is a therapeutic intervention that aims to:

- Strengthen the bond between parents/carers and their children
- Develop attunement and sensitivity
- Help parents/carers to hold a space in their mind for their child and understand what it feels like to be in their child's shoes
- Help the parent/carer to become more reflective



## Who is the VIG service for?

- Parents and carers who are finding it difficult to form a warm relationship with their child, bond with their baby or who have missed the opportunity to bond with their child when younger
- Parents and carers who need support to be able to see the world from the child's point of view
- Parents and carers at the early stages of developing a relationship with the child and would benefit from some support to do this
- Parents and carers needing support to implement their learning from other interventions, for example, Incredible Years, Triple P, Time Out, PACE

## How does it work?

“ I was a bit dubious about it at first, but the VIG practitioner completely put me at ease. It was brilliant. ”

The VIG practitioner takes short videos of the parent/carer together with their child doing an activity they both enjoy.

The VIG practitioner looks carefully at the video and selects 3 short clips (between a few seconds and 1 minute) when the interaction is going really well.

The VIG practitioner takes the clips to show the parent/carer within a week or 2 and this cycle is repeated between 3 and 7 times.

## How will it help?

- It will highlight the strengths people already have
- It will build on these strengths
- Seeing yourself communicating well is a very empowering and motivating process
- VIG provides an understanding of communication that can be taken and applied in any interaction

## Who does the video belong to?

- The videos belong to the people being filmed
- Parents/carers will receive a written contract confirming that the video will not be shown to anyone outside of the VIG network without their permission