

VISITATION IN THE LAND OF COVID-19



What an unusual time we are living in. It is a time that requires extra creativity, grace and flexibility for everyone involved as we look at participating in virtual visitations. The idea of an electronic visitation can be stressful for all involved but we want to provide some ideas to help make visitations successful, meaningful times where a child can connect with their family member. This is simply a list of ideas to assist you and get your creative juices flowing. You know your child best and what will be the most effective way to engage them! We hope that you can use this list as a resource and make it your own.



INFANTS & TODDLERS

▶ USE THE SAME GREETING

Try to use the same greeting each time and in the same tone of voice when talking with infants and toddlers. They will recognize and feel comfortable with that person on the screen when they hear the same sound each time. This is important because they often depend more on smell and touch when meeting in person so for the time being they need more sound and visual cues to recognize you on video chat.

▶ SHARE A SNACK TOGETHER

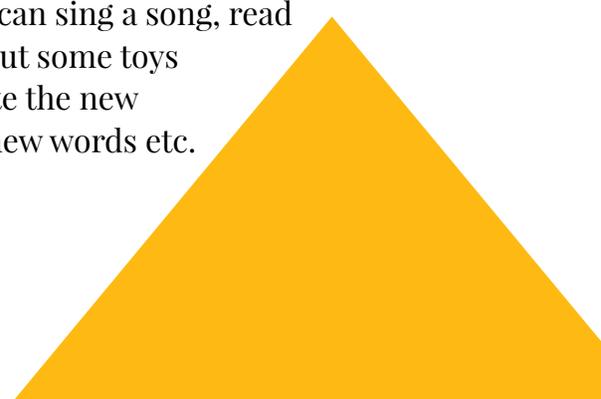
Share a snack together (eat the same snack together and pretend to feed each other) or share a meal together. This can work well for younger children who are in a high chair in the video frame- it keeps them contained and engaged.

▶ PLAY SOME GAMES

- Play Peek-a-boo
- Sing Interactive songs and rhymes together like Twinkle Twinkle, The Itsy Bitsy Spider, 5 Little Monkeys Jumping on the Bed, Going on a Bear Hunt, and This Little Piggy
- Try using a baby gate to keep toddlers in one room and follow them around with the phone as they play
- Take turns playing “Guess the Animal” by making animal noises and guessing which animal it is
- Supply colored items (stuffed animals, blocks etc..) Parent asks where is the red block? Can you find two red blocks? Etc

▶ USE A CAMERA

Set up a camera in front of the crib or pack and play the parent can sing a song, read a book, talk to and watch the little one. If it is age appropriate put some toys in for the child to interact with. Encourage them to demonstrate the new abilities they are learning like eating solids, crawling, walking, new words etc.



IDEAS FOR ALL AGES

- ▶ Reserve some special activities for virtual visits only. This will make visits extra special!
- ▶ Play music and have a dance party!
- ▶ Read a book to the child or have the child read or show you the pictures
- ▶ Play Playdough together. Parent encourages rolling balls, snakes, squishing down, making simple shapes etc
- ▶ Show and Tell
- ▶ Play outside! Use sidewalk chalk or bubbles. Have them show off their skills on the trampoline, scooter, skipping rope or bike.
- ▶ Draw together using coloring books or free hand
- ▶ Play games like I spy, Simon says, or hangman
- ▶ Tell a story while rotating sentences- child says one sentence, parent says the next
- ▶ Ask the child to tell you their Rose (the best part of their day/week) and their Thorn (the hardest part of their day/week)
- ▶ Play a game together. Some examples are Charades, Pictionary, Headbands, Connect 4, Battleship, and Guess who.
- ▶ Play hot and cold. Parent picks an item hidden within their camera view and the child has to guess it by getting warmer as they get closer or cooler as they get further from the object. When the child discovers the object the Resource Parent can reward them with a sticker from their parent.
- ▶ Dig in the dirt outside or play at a water table or sand box.
- ▶ Go on a Nature walk “together” showing each other what you find- pointing out flowers, bugs, clouds etc
- ▶ Have the child journal throughout the week by writing or drawing what they are doing each day and then share it with their parent during the video visit
- ▶ Play “Would You Rather....?” and make up scenarios to choose between. For example: Would you rather win the lottery or live twice as long?
- ▶ Use funny webcam filters
- ▶ Watch while the child builds with legos or blocks and interact by encouraging building, pointing out colors or creative idea, talking about what is happening (your tower is getting so tall, your tower fell down etc)
- ▶ Watch a show together
- ▶ Create silly top 10 lists (best foods, desserts, animals, places to visit etc)
- ▶ Talent Show- have the child practice putting together a talent show for their parent and perform it on the call
- ▶ A Puppet show
- ▶ An Art Show- have the child work on art throughout the week and then have the child put on an art show during the visit

