



Video Interaction Guidance

Video Interaction Guidance (VIG) is a technique that aims to support parents, carers, children and young people to understand positive aspects of behaviour and to improve their communication skills. It helps people to recognise what they are already doing well and to build new skills.

VIG helps to build on skills that you already have and provides possible help to discover new skills. It helps to develop an understanding of the part you play in building your relationships and communicating with others. Seeing yourself communicating effectively on screen is empowering and enabling, and allows you to be more aware of your interaction skills and see the potential for further growth.

Click [here](#) for more information about VIG and short animation called '*VIG in a Nutshell*' about how the process works.

A short video clip is taken of you and your child / foster child playing / being together. The clinician working with you on VIG will select relevant clips to view with you. There will then be a shared review of the clips between you and the clinician, to explore and reflect upon the best bits together. The sharing of film and feedback may be repeated depending on need.

