
ACTIVITY SUGGESTIONS FOR THE VIDEOCHAT

What you need before you start

1. Have a snack and drink at the ready. Great idea to have a snack together on the call.
2. Have a book and a favorite toy or plush toy at the ready.
3. Be prepared that young child like to move around. They have just figured this out so calls are likely to be short and your child might leave and come back. By 1.5 or 2 years they might go to get something to show you.
4. Keep it short and make the calls frequent!
5. Check to make sure your device is charged, and your internet connection is working.
6. When on the call, look at the camera. Looking at the camera is how you look at your child.
7. Be gentle with yourself. It might take a while to figure out what works with videochat.

From 0 to 1 year:

1. Look your baby in the face! Children of this age like to look at your face more than anything else. You can make faces at your child, look at each other in a mirror and smile, and play peek-a-boo. Make fun noises to your baby as you are looking at her!
2. Show them around the room, you might show them the trees outside or a picture you have.
3. If you see the baby grabbing their feet, rolling over or grabbing a toy, babbling, praise your baby for these new milestones.

From 1 to 2 years:

1. Make funny faces at each other.
2. Have a toy at the ready, e.g. a ball or a toy car or book or shape sorter. Think about what toys the child likes. Have toys on both sides of the screen.
3. You can show the baby toys and your baby can show you their toys.
4. You can have a snack or a meal together. At this age, the baby might want to try and share a pretend snack with you.
5. Have a book available. Can read from either side of the screen. 2 for 2 book program, would be fantastic if both resource parents and parents have the same book.
6. You can talk to your baby while watch them playing with a toy on the other side of the screen! Describe what you can see your baby doing.
7. If you see the baby building blocks, praise your baby for doing a good job building.
8. If you see the baby trying to run or using a spoon by themselves, or trying to say a word, praise your baby for these new milestones.

From 2 to 3 years:

1. Drawing works with slightly older children. Make sure that people on both sides of the screen have a paper and crayon and let the child talk and draw. Show each other what you are drawing across the screen. This also helps because the child is likely to stay in one place for a bit longer.
2. You can show the toddler toys and your toddler can show you their toys.
3. You can have a snack or a meal together. At this age, the toddler might want to try and share a pretend snack with you.
4. Have a book available. Can read from either side of the screen. 2 for 2 book program, would be fantastic if both resource parents and parents have the same book.
5. If the weather is nice it might be ok to have the call outside playing on the grass.
6. If you see your child running or jumping, or putting words, praise your baby for these new milestones.

CHECKLIST if case worker is present during videochat

1. During the videochat did the baby and parent play any games? Check all that apply.

- Snack Time
- Singing
- Share a book
- Face games
- Mirror games
- Peek-a-boo

Others ideas: _____

2. Did the parent pay attention to the baby's signals? The parent picked up on the baby's signals (e.g. smiled back when the child looked at the parent, verbally responded when the child tried to talk or praised the child when the child did something)

Parent Behavior	Child Behavior

3. Did the parent follow the child's lead? (e.g. if the child showed the parent a toy over the screen did the parent ask what it they toy was or smile or look interested in what the child was doing).

Child Behavior	How parent followed?

4. Did the parent label objects that the child was holding? E.g. child picks up a ball and parent notices and says "you have a ball now"

Child Behavior	How parent labeled the object?

5. List some examples of behavior encouraged, what the parent said, and how the child responded:

Child Behavior	Parent's Words of Encouragement

6. Other positive examples (for example, gave baby space, smiled, talked to baby)

Child Behavior	Parent Behavior

7. *If you have observed another videochat, do the parent and child seem more connected and more comfortable with each other? E.g. did they play the same game again like peek-a-boo, was their laughter or smiling. Is the parent or child saying more than the last time.*

Example: _____

Example: _____

Debriefing after the session

Process questions

Ask: If the case worker or other coach was on the video chat, pick an example a positive interaction, review the following questions:

1. Do you remember doing this?
2. How did you feel?
3. How did your baby seem to feel?
4. What are some signals that your child gave you to tell you how he was feeling?
5. What was it like to pay attention to what your child was doing by following his signals?

If the case worker isn't on the call, ask the parents about the videochat:

Note to facilitator: *Show empathy over any challenges that were experience; as well as, providing good examples of how s/he overcame them.*

Ask: What do you think went well?

Ask: What did you find the most difficult about the virtual videochat?

Ask: Was there a time that you felt uncomfortable during the videochat? Why?

Ask: What did you like doing with your baby? What do you want to try for the next videochat?

Ask: Were there any technology issues that we need to improve for next time?