



Get Acquainted

Take a moment to acquaint yourself with video chats

Many parents have found it helpful to take a minute to get acclimated to the video chat environment. Just talking to the baby or toddler for a minute or playing a simple game like peek-a-boo can help the visitation go more smoothly.

Be Interactive

Keep visitation social and fun

There are ways to keep your child attentive and engaged during visitation. By doing activities such as rhymes, songs, reading, and snack time, you can make the most out of virtual visitation.

Show them you are listening and use their cues to ask questions and participate in virtual play.

For older children, you can ask to see their homework and help them with it. Cook together - you can talk a child through making a favorite family dish. Or do other learning activities together via the internet

Some difficulties that may arise with these activities are maintaining joint attention and a lack of physical contact. Work with the child's caregiver to overcome these difficulties by simulating "sharing" through the screen or playing games involving touch, such as this little piggy, with the caregiver touching the child's toes.

Be Adaptive

Allow virtual visitation to grow with the child

As babies grow into toddlers and preschoolers, the nature of virtual visitations also changes. Toddlers will be more independent and may not want to participate in some video chat activities. Don't be discouraged! Instead, you can talk to them while watching them play, and still have quality time together.

Try incorporating props or other physical objects (books, toys, hand puppets, or snacks) to keep the child's attention.

Some children do not like to sit or may become distracting by trying to touch the virtual device.

Be patient as there may be noise or other distractions that are likely out of anyone's control.

Also, technical difficulties will be a part of virtual visitations. If connection becomes poor or drops, try to guide your child through what happened when you are reconnected.

Be Brief

Work within the child's attention span

If calls linger on too long, the child's attention will start to wane. Try to keep visitation to 15 minutes to give the child the most value from the call.

More short chats per week are better than one long chat.

Be Consistent

Frequent visitation helps develop bonding

Having consistent visits with your child will help develop bonding.

- Hearing a family member's voice and seeing their face helps the child bond
- Schedule virtual visits at an agreed upon time to limit interruptions or missed calls
- Record a video reading your child's favorite book, they can play it back and watch it again and again.

Additional Resources

- **[Virtual Visits Recommendations and Resources](#)** by Rose Wentz
- **[Long Distance Activities for Parents](#)** by Rose Wentz
- **[Top Tips to Engage with Young Children When Video Calling](#)**
- **[Top Ten Tips to Engage Children When Video Calling](#)**