Hackney

Video Interaction Guidance (VIG)

For parents of children under 3

Build a happier and healthier parent-child relationship by building on your strengths and learning new skills.

Children & Family Hubs
Partnerships

AVIG uk
Association for Video Interaction Guidance uk

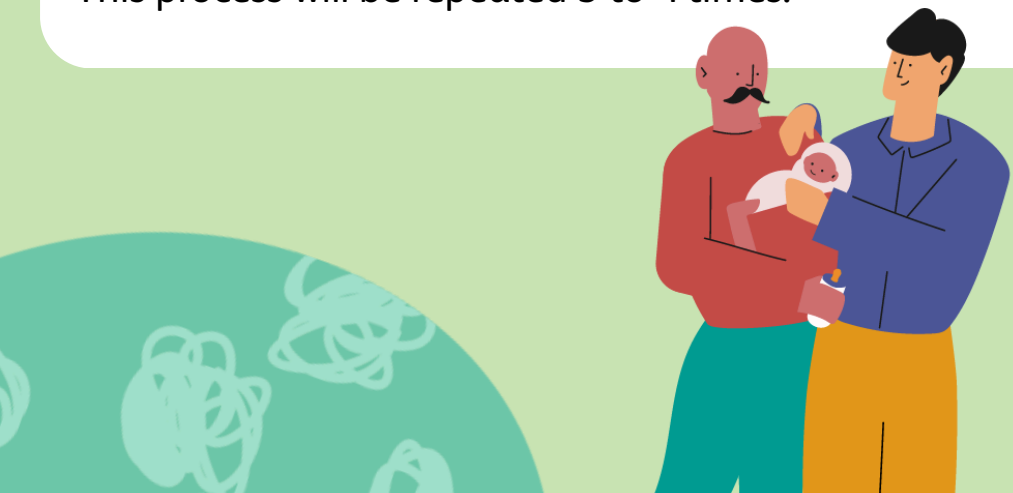
How does it work?

A trained professional will take a short video (around 10 minutes) of you and your child interacting or doing something your child enjoys. The video can be taken at home, a family hub, or another agreed upon location.

They will meet with you again (for 30– 45 minutes) and show you the positive interactions they have captured, helping you recognise your strengths and discover new skills. This can include:

- You developing the ability to understand your child's cues
- You increasing your sensitivity towards your child's needs
- You being able to support your child’s emotional wellbeing

This process will be repeated 3 to 4 times.



What happens with the videos?

The videos belong to you. It will be stored safely and confidentially. Once your sessions have been completed you will get the opportunity to keep a copy of the clips.

Sometimes the guiders will film themselves discussing your videos with you for their supervision. This will be treated as confidential and will not be shared with anyone without your consent.

VIG has a strong evidence base and is recommended by the National Institute for Health and Care Excellence (NICE) to promote secure attachment (the bond where a child feels safe, supported, and connected to an adult).

Contact one of our Children & Family Hubs for more information:

Ann Tayler Children & Family Hub
1–13 Triangle Road, E8 3RP
020 7275 6020
ataylercfh@hackney.gov.uk

Daubeney Children & Family Hub
103 Daubeney Road, E5 0EG
020 8525 7040
CFHUB@daubeney.hackney.sch.uk

Linden Children & Family Hub
86–92 Rectory Road, N16 7SH
020 7254 9939
lindencfh@hackney.gov.uk

Woodberry Down Children & Family Hub
Springpark Drive, Woodberry Down, N4 2NP
020 8815 3270
woodberrycfh@hackney.gov.uk

You can also scan the QR code or visit:

bit.ly/children-familyhubs