



## What is VIPP?

VIPP's aim is to help you build a strong relationship with your child by helping you see the world through their eyes. A practitioner will record short video clips of you and your child together, you will be given a different activity each visit. You will then watch these back with the practitioner who will help you look out for your child's reactions.

### What VIPP aims to help you do

- See the world through your child's eyes.
- Help you build a strong relationship with your child.
- Help you see how you react to your child's contact and give you time and space to think about how your child feels.
- Help you allow your child to explore.
- Help you set time aside to play with your child and enjoy this time.
- Help you be empathic with your child.
- Help you feel confident in parenting.

### What Parents/Carers say

*"The biggest positive for me is that it highlights how well I am doing, and that isn't always at the forefront of my mind - I only remember the challenging behaviour. It's a clear message that we are getting on together, and I don't always see that. Hearing about the significance of the little signals gives me confidence in how well we are attaching."*

*"I found it very useful, inspiring, heartening, hugely positive, I can't think of anything negative about it. It was always supportive, insightful and very positive. So, it was showing me very nicely, in a non-critical way, just through showing and suggesting other ways of doing things. It exceeded my expectations."*

### About the sessions

- Sessions will usually take place at your home or at your child's school.
- There will be up to 7 fortnightly sessions where you and your child will be filmed carrying out different activities, such as playing, reading a book, tidying up and having a meal. These sessions normally take no more than 20 minutes to record.
- Every fortnight the practitioner will show you the recording from the previous visit and will identify what they see happening between you and your child. Your child can be present for these, but you may decide to watch these at a time when your child is in school.
- Parents are also given a task each week between visits, such as playing together and giving increased praise.
- You will be asked to sign a consent form to say you are happy to be recorded.
- At the end of the sessions, you will be given a copy of all the recordings and the practitioner will delete their copy.

**Confidentiality:** Your confidentiality and privacy are very important to us. The things that you and your child share with us will be confidential. The only time that we would have to share them is if we were concerned about your child or family's safety. We may also have conversations with other professionals who are working with your family, but we would make sure you are aware of this and happy for this to happen.

