**What is VIG?**

Video Interaction Guidance (VIG) involves capturing what is going well on video to help build communication and interaction and support relationships.

It is a strength based approach to working with parents, carers and teaching staff.

**How will it help me?**

• It will highlight the strengths that you already have; you may not even be aware of them.

• It will help you to build on these strengths.

• When you see yourself communicating well it can be a very motivating experience.

• The VIG process will provide you with an understanding of communication that can be used in any interaction.

**How does it work?**

The VIG guider will meet with you. They will explain the VIG process and help you set your own goals. A short video clip is taken by the guider (of about ten minutes) of you and your child doing something you both enjoy.

The VIG guider will take the video away and watch it. They will pick out a small number of clips showing successful interactions between you and your child.

The VIG guider returns at a time agreed with you to share and talk about the clips.

You and the VIG guider will work together to bring about positive change.

**Who do the videos belong to?**

• The videos belong to the people being filmed.

• The VIG guider will keep a secure copy of the video clips while they are working with you. The film will be deleted once the intervention is complete.

A short video and more information about VIG is available here:

www.videointeractionguidance.net/ or here:

[www.youtube.com/watch?v=dpSHHS\_YMLE](http://www.youtube.com/watch?v=dpSHHS_YMLE)

VIG can also be used to support interactions between professionals, or between professionals and young people.

 **I’m interested in VIG, who do I contact?**

**Please email** **EPService@nelincs.gov.uk**