PARENTING MATTERS

Virtual Parenting Time



Visiting is an essential way for children with long distant or parents in institutions (hospitals, jails, mental health facilities, deployments or prisons) to maintain and strengthen relationships during a family member's absence. Video visits allow a child to see, talk with, and play with their long-distant parent. Visiting can help children cope with their parent's absence helping to minimize negative impacts on their behavior and mental health.

Video supervised visits enables long distant or separated parents to be involved in their children's lives in meaningful ways that bridge physical separation. The visits allow them to interact in their children's everyday play and connect with their achievements, struggles and plans in a direct and meaningful way. Support during the visit can include coaching with facilitated visit activities and play through Parenting Matters coaching program.

Video visiting helps promote and maintain parental identity, contributes to the preservation of parent-child connections, and can positively impact mental health, behavior, family reunification outcomes, community reintegration, and long-term recidivism reduction in cases of incarceration or estrangement.

Supplementing in-person visits with video visiting options can mitigate difficulties associated with in-person visiting and offer additional benefits by

- **Limiting long-distance travel**
- **Facilitating more consistent communication**
- **Allowing for convenience and flexibility**
- **Offering children and long distant parents the ability to be actively involved in each other's lives.**
- **Monitors high risk parenting concerns and allows for quick interventions and remediation.**

For coaching video visits Parenting Matters facilitators use the Nurturing Parenting Program (NPP). These lessons are widely adaptable and used to teach mothers and fathers how to best support their children's individual parenting needs. The curriculum focuses on four main constructs: self-awareness, appropriate expectations, empathy, and positive discipline. Tailored programs are implemented as a return support to help parents build stronger emotional connections and prepare for transitioning back to the home or community.