

# Video Interaction Guidance (VIG)

Gloucestershire  
Educational  
Psychology Service

Do you know **families** that want or need help with their **relationships**?  
Do you have **staff** that want to develop their **communication skills**, in an  
**empowering** and **supportive** way?

Do you want an **evidence-based**, **strengths-focused** intervention?

*Then VIG could be for you!*

## What is VIG?

VIG is a **really positive approach** that uses video to help people understand and improve communication, building happy, healthy and trusting relationships. It can help people recognise their **strengths**, and discover **new skills**, by helping them **do more of the things they are doing well – just focusing and building on the positives.**

*“.. having the visual aid helped... seeing how you're doing worked well...  
I'm doing it.. seeing is believing... I don't find it so hard now”*

Adults who want to help a child's communication, interaction, behaviour and/or their social and emotional development, often find this approach helpful. Especially as VIG can be used with **any age group** and **any children – teenagers to babies.**



## What exactly happens?

1. First the person working with the adult (the VIG guider) **meets with the adult** to agree how they will work together.
2. Next, a **short video** is taken (about 10 –15 mins) of the adult and child together in a successful situation (e.g. playing a game, reading a book, making something together). This can be at home or school.
3. The VIG guider looks at the video, and edits the film into very short clips, that show **positive moments.**
4. The guider and adult then look at the selection of short clips **together, in a 'Shared Review'**, discussing what they think about the clips, sharing ideas and making plans for the next film.



Generally families or members of staff need about **3 films and reviews** to start making some useful changes, but they can ask for more sessions, or stop after just one.

## When is VIG useful?

*Helped the teacher to have fun with a child, who was previously at risk of exclusion. Helped a TA develop strategies for working with a challenging pupil.*

VIG works well for parents/carers who would like to change something about the way they support their child's development, or for practitioners looking to develop their skills in a supportive manner, or understand a child they are working with better. Using VIG will give some time to:

- :: Stand back and watch the interaction with the child
- :: Think about what's working and how the adult can build on it
- :: Helps the adult to understand the part they play in building a relationship with a child
- :: Talk about their ideas with a VIG guider, who is experienced in supporting parents/carers and teachers/Teaching Assistants/ other practitioners.

*"Actually seeing myself...you notice more, and pick it up straight away. You pick up your body language and mannerisms, you see them watching you. Means you can then put into play what works".*

## More on VIG

VIG ONLY looks at things people are doing well—so feels very supportive not critical. Go to [https://www.youtube.com/watch?v=dpSHHS\\_YMLE](https://www.youtube.com/watch?v=dpSHHS_YMLE) to hear more parents talking about VIG or <https://videointeractionguidance.net/> for more information (including a short video on what happens in VIG/how VIG works)

*"For us, we were fine with it...it wasn't intrusive. It didn't make you feel stupid. It didn't make you feel lacking as a parent, or a bad parent. It made you think about the situation and look at things a lot more differently..."*

## Confidentiality and Safeguarding

Videos are only made when consent has been given in writing and parents/carers can withdraw their consent at any time. Videos are kept securely and confidentially for the period of work, and then deleted. We all follow standard safeguarding procedures e.g. if we hear/see anything that suggests that a child is at risk of harm then we let relevant people at school know and follow the school's safeguarding policy.

## About your VIG Guider

We are all qualified, experienced Educational Psychologists who work in schools across Gloucestershire. All VIG guiders that are in training in VIG, receiving monthly supervision from an accredited VIGuk National Supervisor. Sessions are confidential. VIG guiders usually give written feedback in the form of a letter, and traject plan at the end of the work together (usually after the last cycle of VIG).

Want to know more? Talk with your school's GCC Educational Psychologist  
or email [vig@gloucestershire.gov.uk](mailto:vig@gloucestershire.gov.uk)