

SUPPORTING WV HOME VISITORS

Considerations for returning to in- person visits with children and families

You mean a lot!

Home visitors are in a unique position to see firsthand the power of face-to-face connection. You may be feeling that some of these connections transitioned well during virtual visits, while others did not. Keep in mind everyone has experienced this time differently and refocus on working together to strengthen positive outcomes.

Modeling is important

By modeling appropriate physical distance and behavior during a home visit (even if the family doesn't feel it is necessary), you are sharing strategies with the family of how they can appropriately interact with others. This may give the family the skills and confidence they need to keep their families healthy or reinforce the need to put such practices in place.

Emotions - big and small

Children may be experiencing a range of emotions right now, just as adults are. Encourage children to talk about these emotions and offer reassurance that all of these feelings are okay. It can be helpful to name these emotions: "I see that you are feeling unhappy that I can't give you a hug. Let's ask mommy to give you a hug."

Be honest and direct

Make it simple when talking with children about keeping physical space between each other. Talk about coronavirus as a germ, but don't make it scary or cause alarm. "We're keeping our germs to ourselves right now to keep everyone healthy." Encourage children to be part of the solution: "We're all working together to stop coronavirus."

Be kind to yourself!

Treat yourself kindly and practice good self-care. It is common to feel stress during this time, just as our families may be feeling overwhelmed. Do at least one thing each day that makes you happy! Check in with yourself and reflect on how you are feeling. Don't be afraid to ask for help from those around you.



West Virginia Infant/Toddler
Mental Health Association
Supporting the mental and emotional well-being of children

www.nurturingwvbabies.org