Video Interaction Guidance (VIG)

For what age? 0-11 years
At what level? Universal, Targeted and More Targeted

What is VIG? VIG is a relationship based intervention to promote attunement, empathy and emotional well-being. It uses small video clips of positive interaction between people to help them observe and reflect on what works well within the relationship and to explore ways that communication could be different in order to improve emotional regulation, behaviour, and attachment within the relationship.

How does it help Children?
- Supports them to feel emotionally regulated and contained
- Builds positive relationships with adults and peers
- Increases children’s self-esteem and sense of worth
- Supports children to access the curriculum

How does it help adults (teachers, parents, carers)?
- Increases empathy and sensitivity
- Heightens awareness of verbal and non-verbal communication
- Increases reflective functioning

How do we know it works?
The AVIGUK website: www.videointeractionguidance.net has a list of all National and International Research involving VIG Interventions.

NICE Guidance on Attachment and Children in care 2016 and the NICE Guidance on Social and Emotional Wellbeing for Children and Young People (2013) both recommend VIG as an effective intervention.

The VIG Service in Northamptonshire has 10 years’ experience of delivering VIG and has a significant amount of local data which evidences positive outcomes for families receiving VIG. Notably evidence of reductions of TOPSE (Tool to measure Parenting Self-Efficacy) and Parental Stress Index PSI (R. Abidin) scores.

What do Teachers and parents say?

‘XXXX is more focused in lessons’

‘I can really see things now from my child’s point of view’

‘I am more aware of what my facial expressions say to the class regardless of what my words are’

‘VIG has made me notice the significance of all the tiny moments that I often miss’

What do Children Say?

‘Mum doesn’t shout anymore’

‘I feel calmer in school’

‘I don’t get so angry with my friends’

‘I can listen more and other people listen to me more’

How could I use VIG in my School?
VIG as an intervention is still available and provided by NCC – Therapy Services www.childrenfirsttherapyservices.co.uk (Webpage) for inquiries/ referral please contact the Therapy Services on Therapy@childrenfirstnorthamptonshire.co.uk.