

Virtual Support for Parents & Children:

When visitation has been canceled or postponed due to social distancing

These are unprecedented times. Things aren't functioning how they normally would and because of this, visitation may be postponed or outright canceled due to the social distancing order. So here are some tips to help maintain contact during these difficult times.

► **Speak with your caseworker or provider about scheduling a video chat session.** There are numerous free options that can be utilized including:

- Skype
- FaceTime
- Google Duo
- Google Hangouts
- WhatsApp
- WeChat
- Facebook Messenger

► **Schedule themed calls.** Kids love to get creative, so create themed calls where you each dress up in silly costumes and tell stories.

► **Write letters to each other.** This is a fairly inexpensive option and gives both you and your child something to look forward to and a keepsake as they grow up.

► **Send care packages.** Include age-appropriate items such as:

- Photos
- Snacks
- Toys
- Games





► **Color together.** Everyone loves coloring, and this is a fantastic activity to do together. Add these to your letters or care packages, even your video chat sessions. Share your works of art! (There is a link below for free coloring pages from Crayola for you to use.)

► **Send video messages.** Texting and email are great forms of communication to be utilized during social distancing, so think of any cute, funny, or loving video messages you can send to let your child know you are thinking about them and love them.

► **Create an ongoing story or adventure.** If kids are young, consider getting two identical stuffed animals. Take pictures of your child and toy on your end and send them to your partner or family. They can take pictures of the toy on their end having different adventures in their world and send them back to you.

The most important thing is reminding your child you love them, are there for them, and will see them soon.

Below are some additional resources for you to use.

Free Coloring Pages: <https://www.crayola.com/featured/free-coloring-pages/>

Long Distance Parenting: How to Stay Connected When Your Child Lives Far Away: <https://www.empoweringparents.com/article/long-distance-parenting-how-to-stay-connected-when-your-child-lives-far-away/>

Living Apart, Parenting Together: Collaborating with Your Co-Parent: <https://www.pbs.org/parents/thrive/living-apart-parenting-together-collaborating-with-your-co-parentc>