

DEVELOPMENTALLY-SOUND VISITING

- **The needs of the child guide frequency, length & location of visits.**
 - Unless visits with babies occur in the home where they live, daily visits—that might be optimal for building attachment—may be too stressful
 - For young children, visits up to 2 hours must be designed to give the parent optimal opportunities to attune to the child
 - For elementary school age and younger children, visits longer than 2 hours may be too cognitively and emotionally demanding
 - For sibling groups, visits all together more than once/week may be too emotionally demanding
 - For children age 3 and older, spending a portion of the visit in big muscle activities that fit their energy levels, preferably outside, is essential
 - Older children and teens do best in visits they help design in places they are accustomed to doing their activities
 - Respecting the schedules of older children and teens may mean that they prefer once weekly visits of longer duration that they help to plan
 - Children need to visit consistently with their siblings to maintain attachments and feel a sense of belonging to their family (arranged with caregivers if necessary)
 - Children may be most comfortable in visits in their family's home unless there are traumatic memories associated with it, or unsafe conditions that cannot be remedied, or even with support they cannot understand why they are leaving it again
 - Lengthy transport times to and from visits are stressful for children and should be avoided with visit locations that fit the needs of the child
- **Visit quality—in which a parent can give sustained attention to the child—is more important than visit frequency [minimum= at least 2 visits/week for young children and at least 1 visit/week for older children]**
- **Parents require support to meet the needs of the child—especially play needs and separation-related needs—during the visit, which results in productive, quality visits (instead of “monitoring” or “supervision”)**
- **Visit frequency, duration and location should be always adjustable based on the parent's demonstration of effectively meeting each child's needs**