

HEALING-CENTERED FAMILY TIME TIPS



Mentally Prepare

Show child photos of the visit location and/or drive by the building. Introduce child to the family facilitator ahead of time, when possible.

Provide Options/Control

Create a hand signal the child can give the facilitator to notify them that they need a break or are feeling uncomfortable.

Allow Transition Objects

Toys, blankets, photos, jewelry and other items can comfort a child during family time.

Age-Appropriate Explanations

Ex.) Family time means spending time with your parent while someone else is there to help everyone feel comfortable, safe, and connected.

Don't Make Promises

Sometimes visits get canceled unexpectedly for many different reasons. You can say "Plan A is that we visit with your family, but if that can't happen, what would you like to do for Plan B?" (Playground, ice cream, etc.)

Reminders

- Build trust with the family through honesty.
- Focus on the family's strengths and celebrate small wins.
- Prepare for transitions and goodbyes ahead of time.