

# HEALING-CENTERED FAMILY TIME TIPS



## 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.

## 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.

## 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.