

Examples of Interventions During a Supervised Visit That Support Parent Growth Without Being a Safety Issue

Interventions in supervised visitation should be **supportive, constructive, and non-intrusive**, allowing the parent to learn and grow **without disrupting** the visit. Below are examples of interventions that align with the **Nurturing Parenting Curriculum** while ensuring safety and a positive parent-child interaction.

1. Modeling Positive Behavior

◆ **Example:** A parent is distracted on their phone while the child tries to engage.

✔ **Intervention:** The supervisor could model **active engagement** by putting away their own phone and encouraging the parent to do the same.

💡 *"Looks like your child really wants to share something with you. This could be a great moment to connect!"*

2. Encouraging Positive Discipline Strategies

◆ **Example:** A parent becomes frustrated when their child refuses to follow directions.

✔ **Intervention:** Instead of allowing the frustration to escalate, the supervisor can offer **gentle coaching** on using positive discipline techniques.

💡 *"I see that your child is having a hard time listening. Sometimes giving two choices can help. Want to try giving them an option?"*

3. Promoting Emotional Awareness & Empathy

◆ **Example:** A child starts crying, and the parent dismisses their feelings (e.g., *"You're fine, stop crying."*).

✔ **Intervention:** The supervisor can **model empathy** by acknowledging the child's feelings and inviting the parent to do the same.

💡 *"It looks like your child is feeling upset. Sometimes saying, 'I see you're sad—do you want to tell me about it?' helps them feel understood."*

4. Reinforcing Parent-Child Bonding

◆ **Example:** A parent is unsure how to engage in play with their child.

✓ **Intervention:** The supervisor can **gently suggest** an interactive activity that supports bonding.

💡 *"Your child loves building with blocks. Maybe you could build something together and let them take the lead?"*

5. Teaching Healthy Communication

◆ **Example:** A parent repeatedly gives commands instead of engaging in conversation with the child.

✓ **Intervention:** The supervisor can **offer an alternative** to improve communication.

💡 *"Asking open-ended questions can help start a fun conversation! Maybe try, 'What was the best part of your day today?'"*

6. Encouraging Affection & Connection

◆ **Example:** A parent seems emotionally distant, not offering praise or physical affection.

✓ **Intervention:** The supervisor can **gently prompt** a moment of connection.

💡 *"Your child did something really cool just now! This could be a great time to tell them how proud you are."*

7. Supporting Conflict Resolution

◆ **Example:** A child and parent disagree about an activity, and the parent starts to take control instead of finding a solution.

✓ **Intervention:** The supervisor can **help the parent practice negotiation** with their child.

💡 *"It looks like you both have different ideas. Maybe you could take turns picking activities so everyone gets a choice?"*

8. Helping with Transitions & Goodbye Struggles

◆ **Example:** A child has a hard time saying goodbye at the end of the visit.

✓ **Intervention:** The supervisor can **coach the parent on using a transition strategy** to make goodbyes smoother.

💡 *"A special goodbye ritual, like a secret handshake or hug, can make transitions easier. Want to come up with one together?"*

Key Principles for Effective Intervention

✓ **Subtle, not intrusive** – Guide the parent without taking over the visit.

✓ **Strengths-based** – Acknowledge what the parent is doing well and build on it.

✓ **Encouraging, not corrective** – Frame interventions as helpful suggestions rather than criticism.

✓ **Child-centered** – Focus on what will enhance the child's experience and emotional connection.