



TIPS FOR POSITIVE VISITATION

Compiled by the Partnering with Parents
Peoria Chapter
Parent Advisory Board

- 1) **BE ON TIME...** There are situations where emergencies arise and you may be late or cannot attend your visit. Contact your caseworker to let them know. Your children are depending on you to be there and want to see you.
- 2) **BE CLEAN AND SOBER...** Don't come to the visit under the influence of any illegal drugs or alcohol. Your children need a sober parent.
- 3) **PLAN YOUR VISIT BEFORE HAND...** Have ideas in mind for what you and your children are going to do during your visit. Your time with your child is valuable. Make the most of it; not bickering over activities.
- 4) **MAKE YOUR VISIT AS NORMAL AS YOU CAN...** Visiting your child in an office with someone watching can be awkward. Try and make it as normal as you can. Talk about school, and other positive things.
- 5) **PLANNED ACTIVITIES...** Your visit is the time for you and your child to interact. Playing games, reading books, working on puzzles are all things you can do together. Develop a "visit bag" that contains two or three of your child's favorite age appropriate things such as a game or book and bring them to each visit.
- 6) **HAVE A POSITIVE ATTITUDE...** Be positive during your visit. Focus on your children and not case related issues. Case related issues should be discussed with the worker after the visit, away from your child.
- 7) **SNACKS?? WHAT SHOULD I BRING?...** Talk to your caseworker or visitation specialist about what kind of snacks would be appropriate to bring to the visit. If money is an issue, talk with your worker. Be open and honest about the situation. They are here to help you make the most of your time with your child.
- 8) **COMMUNICATE...** It is important to talk with the people involved in your visit - your children, your visitation supervisor, your worker and the supervisor. It is important all of you are on the same page so your visits can be productive. Follow the chain of command if there are problems.
- 9) **LOCATION...** Discuss the location of your visit with your worker.
- 10) **USE THOSE NEW SKILLS FROM PARENTING CLASS....** If you are attending parenting class, your visit is the perfect time to use what you have learned.