



~ submitted by Margaret Holmberg; CT-AIMH member Board of Directors,
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Play It Again to Learn...

The use of videos when working with very young children and their families is an excellent way to affirm or expand your own daily observations of young children in play, share with families exactly what their little one's play looks like in child care, and share with supervisors to problem solve issues that might arise in play settings. Making videos is easy and cumbersome-free today now with cell phone camera availability. Policies for recording and use can be developed to protect confidentiality and misuse. Permissions for making videos can be included in the parent information packets and explained fully in handbooks of policies.

Videos just 3-4 minutes in length are effective ways to capture babies and young children's emotional responses to others during their days of play. Replaying videos reveals the emotional state of the baby or young child, the nuances that can go unseen with a one shot observation. Some of those nuances that signal the emotional responses of babies can include a fleeting eye gaze, a brief smile, a widening of the eyes, a head turn. These are all ways babies without verbal language signal or cue their wants and fears.

An important infant mental health skill: When sharing those videos the rule should be ASKING about what the parent or provider is seeing versus TELLING them what you see. Learning to use videos skillfully and sensitively will require some training.

Seeing is Believing is training video and manual that helps practitioners learn to make very brief videos of parents engaging their babies and young children and to share those videos with parents for them to see closely how their young children are responding and to learn to recognize cues preverbal children are communicating. It can also be adapted for use with providers in child care settings.

[Seeing Is Believing, DVD and Manual](#)