

Ideas for Virtual Visits

General guidance:

- Be creative with camera and angles. Ideas for how to create inexpensive phone holders:
<https://www.youtube.com/watch?v=TTtJovKtujo>
- Create end-of-call rituals: Virtual hugs, blow kisses, have your child push the red “end call” button.



Infants (<1 year old)

- Sing a special song each time, with lots of repetition
- Drape a sheer scarf over the lens to create interest
- Meal time: Talk about what your baby is eating
- Storytime: Read your baby a book they have or a digital book
 - 16 sites with free ebooks: <https://www.tckpublishing.com/free-ebooks-for-kids/>
 - Check out e-books from your public library: <https://www.cnet.com/how-to/how-to-get-free-e-books-from-your-public-library/>
- Say "I love you"

Toddlers (1-3 years old)

- Sing a special song each time
- Share meal time together: Talk about what you are both eating
- Unbox it: Show your toddler a wrapped toy, unwrap it, and play with it while you narrate what you are doing. Give the toy to your child at a later date.
- Storytime: Read your child a book they have or a digital book
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- Invite some guests: Have some stuffed animals join you
- Show & Tell: Bring items and share them with each other. Ask for support from the resource parent.
- Say "I love you"

Preschoolers (3-5 years old)

- Fruit basket: Have a piece of fruit together. Peel it, cut it, and eat it. Talk about the taste, color, texture, etc. Ideally, the resource parent would have the same fruit, but this is not necessary.
- Unbox it: Show your toddler a wrapped toy, unwrap it, and play with it while you narrate what you are doing. Give the toy to your child at a later date.
- Storytime: Read your child a book they have or a digital book
 - 16 sites with free ebooks: <https://www.tckpublishing.com/free-ebooks-for-kids/>
 - Check out e-books from your public library: <https://www.cnet.com/how-to/how-to-get-free-e-books-from-your-public-library/>
- Invite some guests: Have some stuffed animals join you
- Put on a puppet show: <https://www.kidspot.com.au/things-to-do/activity-articles/how-to-stage-your-own-puppet-show/news-story/b84acf89d2b36a5cb9cde794981b002c>
- Show & Tell: Bring items and share them with each other. Ask for support from the resource parent.

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- Have an art show: Ask the resource parent to put up artwork and share with you.
- Play some old fashioned games: Simon Says, Hide & Seek, I Spy, Rock Paper Scissors
- Dance, dance, dance: Turn on some uplifting and positive dance tunes and get moving!
- Say "I love you"

School Age (5-8 years old)

- Storytime: Read a book to your child or read one together.
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 - Check out e-books from your public library: <https://www.cnet.com/how-to/how-to-get-free-e-books-from-your-public-library/>
- Invite some guests: Have some stuffed animals join you
- Put on a puppet show: <https://www.kidspot.com.au/things-to-do/activity-articles/how-to-stage-your-own-puppet-show/news-story/b84acf89d2b36a5cb9cde794981b002c>
- Show & Tell: Bring items and share them with each other. Ask for support from the resource parent.
- Have an art show: Ask the resource parent to put up artwork and share with you.
- Dance, dance, dance: Turn on some uplifting and positive dance tunes and get moving!
- Simple ways to connect with your children:
 1. Smile
 2. Laugh
 3. Virtual high five
 4. Ask about their favorite music, food, time of day... anything!
 5. Play a virtual game together
 6. Sing a song
 7. Make up a song
 8. Color
 9. Tell a story
 10. Tell a joke
 11. Watch the sunset together
 12. Be curious
 13. Listen
 14. Cook or bake together
 15. Have a snack together
 16. Blow them a kiss
 17. Talk about when you were little
 18. Say "I am so thankful that you are in our family!"
- Say "I love you"

Older School Age/Tweens (9-12 years old)

- Read a book to your child or read one together. You could read parts of a book together and discuss.
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 - Check out e-books from your public library: <https://www.cnet.com/how-to/how-to-get-free-e-books-from-your-public-library/>
- Have an art show: Have your child "put up" artwork and share with you.
- Cook or bake something together: Both of you would need the same ingredients
- Play some old fashioned games: Simon Says, Hide & Seek, I Spy, Rock Paper Scissors
- Dance, dance, dance: Turn on some uplifting and positive dance tunes and get moving!
- Help your child with their homework
- Take a virtual field trip with your child: <https://www.parents.com/syndication/google-arts-culture-app-europe-castles/>



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- Play a game online together: Many online games require you to first register to play with friends. Some allow you to play for free while others charge a subscription fee.
<https://lifehacker.com/you-can-play-these-games-online-with-friends-1842347093>
- Share each other's music. Bond with your child by sharing with each other your cherished playlists.
- Simple ways to connect with your children:
 1. Smile
 2. Laugh
 3. Virtual high five
 4. Ask about their favorite music, food, time of day... anything!
 5. Sing a song
 6. Make up a song
 7. Color
 8. Tell a story
 9. Tell a joke
 10. Watch the sunset together
 11. Be curious
 12. Listen
 13. Have a snack together
 14. Blow them a kiss
 15. Talk about when you were little
 16. Say "I am so thankful that you are in our family!"
- Say "I love you"

Teens (13-18 years old)

- Have an art show: Have your child "put up" artwork and share with you.
- Cook or bake something together: Both of you would need the same ingredients
- Dance, dance, dance: Turn on some uplifting and positive dance tunes and get moving!
- Help your child with their homework
- Take a virtual fieldtrip with your child: <https://www.parents.com/syndication/google-arts-culture-app-europe-castles/>
- Play a game online together: Many online games require you to first register to play with friends. Some allow you to play for free while others charge a subscription fee.
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- Share each other's music. Bond with your child by sharing with each other your cherished playlists.
- Simple ways to connect with your children:
 1. Smile
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 9. Tell a story
 10. Tell a joke
 11. Watch the sunset together
 12. Be curious
 13. Listen
 14. Have a snack together
 15. Blow them a kiss
 16. Talk about when you were little
 17. Say "I am so thankful that you are in our family!"
- Say "I love you" for no reason