

STRENGTHEN YOUR FAMILY WITH MEANINGFUL FAMILY CONTACT



Strengthen your family one moment at a time.

YOU ARE THE KEY

Plan for Success - work in partnership

Work with your Office of Children's Services Caseworker to develop a plan. This outlines many details about the who, what, where, when, and how of your family contact. Stick with it and keep lines of communication open so you can work together with your team in deciding what is best for your children.

Stay Connected - show up & be engaged

One of the most important actions you can take right now is to stay connected. This means scheduling your time so you can be with your children as planned, and being actively present for the time you have together.

OUR PRIORITIES

Safe Children

We want your family to be stronger and safer. Safety is always our highest priority.

Stronger Families

Be stronger as a parent so you can be stronger as a family.



FAMILY CONTACT

The time you spend with your child is an opportunity to strengthen your family to be stronger and safer as you work towards the goal of being reunited in your home.

MAKE IT MEANINGFUL

Honor your Children by Honoring Traditions

CULTURE *Bring your positive family traditions, values and beliefs into your times with your children.*

TRADITIONAL SONGS AND STORIES

CELEBRATIONS

BIRTHDAYS

HOLIDAYS

LOCATION *Depending on the level of supervision, OCS may approve various types of cost-free settings.*

COMMUNITY CENTERS

RESTAURANTS

CHURCHES

LIBRARIES

HOMES

PARKS

ACTIVITIES

Include developmentally and age appropriate activities.

GAMES

FOOD

TOYS

ARTS & CRAFTS

BOOKS

SUPERVISION AND SUPPORT

Many things are considered when deciding about levels of supervision and support. These include your child's safety needs, their age, developmental level, and your success as a parent addressing the concerns that lead to the need for intervention.

GUIDED SUPERVISED FAMILY CONTACT

Parents strengthen and learn effective parenting skills. Families receive teaching and coaching on healthy and positive parent/child interactions. Families involved with the Families with Infants and Toddlers (FIT) court usually have this level of family contact. The parent is directly coached by a well-trained Family Contact Facilitator.

SUPERVISED FAMILY CONTACT

Parents are given help to build and keep positive relationships with their child. Supervising the family contact helps keep the child physically and emotionally safe. At this level, the family contact is well-planned, and highly supervised. It is supervised by a Family Contact Supervisor/Facilitator who is ready to step in right away and is always in sight and sound of the child.

SUPPORTED FAMILY CONTACT

Parents lead family contact with assistance from a Family Contact Supporter. These can be extended family members or trained community members. There is no close observation happening, but there is support in setting meaningful goals for your time together as a family. Supported Family Contact usually happens somewhere in the community such as a park, restaurant, or library.

UNSUPERVISED FAMILY CONTACT

Parents spend time with their children without being observed. During this phase, your children may be in your home for short periods of time and overnight visits may take place. The court usually encourages trial home visits to confirm it is time for the family to be reunified.



YOUR FAMILY CONTACT TEAM

Office of Children's Services Caseworker: An employee of the Office of Children's Services.

Family Contact Facilitator: An employee of the Office of Children's Services or a contracted agency who is facilitating your Family Contact times.

Family Contact Supporters: A family member, family friend, tribal member, community member, or foster parent who supports Family Contact by attending sessions with the parent and child.



MAKE A PLAN

Planning for Success

Together with your Office of Children's Services Caseworker you will develop a Family Contact Plan. This plan outlines many important details about your time with your child, including who will be participating, levels of supervision and support, and locations of your Family Contact. You and your OCS Caseworker should modify this plan regularly throughout your case to reflect changing safety needs.



PRACTICAL

Who: Visitors (including pets) allowed or not allowed to attend.

What: Items to bring such as toys, food, or gifts. What is appropriate, how much, and how often?

Where: Places where safe, engaging family times can take place.

When: Times of day, days of the week that will work best for your child and their current needs.

PERSONAL

Transport: Identifying who is transporting whom? When? Where?

Photos: Any permissions you need to take photos, videos, or audio recordings.

Phones: Expectations for using cell phones and screen times.

Bathroom Breaks: Clear expectations for taking your child to the restroom or changing a diaper.

PROBLEM SOLVING

Barriers: Those things that may cause your time to be cut short or prevent you from participating in Family Contact Times.

Substance Use: Clear expectations about how substance use will affect your family contact time.

Identify: Who do you talk to if things aren't going well?

Discipline: What kinds of disciplines are ok? Who do you ask for help when your children need boundaries, expectations, or discipline?

FAMILY CONTACT ROUTINES

Provide Consistency for your Child.

Create feelings of safety and security for you and your children by creating predictable routines and rhythms.

PREPARE

What do you need to do to prepare practically, mentally, emotionally, and physically?

GREETING

Greet your child in a meaningful way. High fives, hugs or a special greeting can help your child transition.

CIRCLE TIME

Connect with your children and settle them into your time together with clear expectations. Ask them about their week, or talk them through today's activities.

RESILIENCY ACTIVITY

Strengthen your family with a resiliency activity. Make it match your goals. It's a great opportunity to grow together.

MEAL OR SNACK

Food is a great way to connect and change from one activity to another. Sometimes it IS the activity!

CLEAN UP TIME

Work together as a family to tidy up and care for items in the room. You can sing or do it to music! It helps with the transition to goodbye.

GOODBYE

Help your child make the transition with a positive hand off to their caregiver. Leave them with hope for next time!



REVIEW

This may be formal or informal. Take time to feel your emotions and recover. Review what went well, what didn't, and make adjustments for next time.

