

Talking Matters' Serve and Return Video Tool

Instructions sheet

Kia ora! Thank you for using Talking Matters' serve and return video tool. This tool is in its initial stages of development, so your experience will help us improve it for other whānau. Here are some simple tips and info to help you get the best out of this tool.

What is the video tool for?

The serve and return video tool is a free and easy way to help adults observe, score and improve their interactions with tamariki in their lives, to increase serve and return.

Why is increasing serve and return such a big deal?



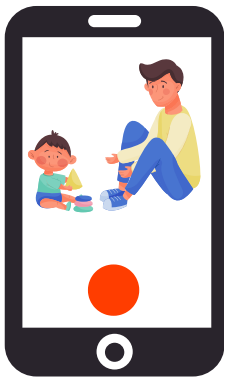
Serve and return interactions shape brain architecture. When an infant or young child takes a turn (e.g. words, babble, gesture, or cry) and an adult responds appropriately with another turn (e.g. words, eye contact, or a hug), neural connections are built and strengthened in the child's brain that support the development of communication and social skills.

In short, serve and return interactions set baby up for life!

How it works: the 3 steps of the video tool

1

Record/select a 1 to 1.5 minute-long video of you and baby interacting



Tips to nail it:

-You both need to be in the frame. That way you can see yourself and reflect on how you interacted with your child. Someone else in your whānau can film you guys or you can place your phone on a chair, shelf, table, etc. and hit "record". Some of your existing videos may be good, but make sure they are at least 1 minute long.

-The video needs to be between 1 and 1.5 minutes for this tool. However, you can film a longer video and select the best, most interactive 1-1.5 minutes for scoring. That way you can be fully engaged and not distracted by time-keeping.

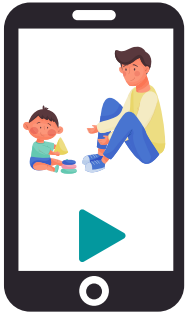
-Select a video with heaps of interaction going on. All videos with children are cute... but make sure this one has lots of serve and return!

-Try to be 100% engaged with your child, not thinking about the camera.

2

Coding the video

Once you have selected or filmed your video, watch it again and code it. This is how:



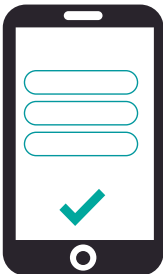
1. Grab a piece of paper and a pen. Watch your video and every time you take a turn in the interaction, write down “A” for adult. Every time baby takes a turn, write down “C” for child. When coded, a one-minute interaction may look like this:
AACACCACACCACA
2. Count the adult and child turns in the interaction.

Tips to nail it:

- Make sure you count verbal and nonverbal turns. A turn is any action that you and your child use to communicate with each other. For adults, a turn can be a word, a gesture, a cuddle, a smile. For babies and young children, it can be a coo, a word, a babble, a gesture, eye contact etc. Count them all!
- Watch it twice. Did you miss any subtle turns baby was taking?

3

Scoring the video



To use the digital scoring quiz, follow the link provided or use the QR code to follow.

The scoring quiz is a simple tool where you enter data about your interaction (e.g. how many child/adult turns) and get personalised tips to make them even more responsive.



It's very simple to use, just follow the prompts in the screen.

Tips to nail it:

- You can save the email with your results and look at your interactions over time.
- You can use your scores to figure out what type of interactions (e.g. doing gardening together, reading before bedtime) generate more serve and return.
- You can share the tool on social media or send it to someone who may find it useful. It's free and easy to use.

The data collected through the digital scoring tool will be used to better understand adult-child interactions. The data will be aggregated (so that your personal information cannot be identified). We will NEVER send you unsolicited emails, share your personal contact info or identifiable data with anyone

We would really appreciate your feedback about the tool!
Get in touch at anabel.fernandez@talkingmatters.org.nz