What is the Relationship Based Visitation Program (RBV)?

You are being offered a new service for families called Relationship Based Visitation (RBV). This service is provided by a local agency. The goal of RBV is to build your parenting knowledge, skills, and confidence. RBV helps you develop a healthy relationship with your child.

RBV uses the Nurturing Parenting Program, which believes that all parents can learn more about how to support and nurture their children in areas such as:

- How children develop and grow,
- Anger and stress management,
- Communicating feelings,
- Understanding and using discipline,
- Understanding your child’s needs, and
- Establishing nurturing routines.

You can expect:

- An initial meeting with your RBV Coach to learn about the program and to do an assessment of your parenting strengths and needs.

- A follow-up meeting where you go over the results of your assessment and make a list of the lessons you will do that fit your needs and interests (called the Family Nurturing Plan or FNP).

- Weekly RBV sessions for one-on-one time with your RBV Coach to go over a lesson from your FNP and a visit with your child (or children). During the visit, you may get hands-on coaching and skill building. You will also have time after the visit to talk with your RBV Coach and plan your next session.

If your child comes home before you finish your FNP:

- Services will continue in your home. You will get at least 2 sessions in your home after you have been reunified.
- RBV sessions continue until you have completed your FNP or your DHS case closes.