

What is a supervised visit?

Supervised visits allow a parent to see his or her child with someone else present (youth protection caseworkers, supervisory bodies, family members, etc.) in a context meant to ensure the child's physical and psychological safety.

These visits are implemented when:

- there are risks to the child from seeing the parent alone
- no other solution could be found to ensure the child's safety

These visits have been agreed upon with you or ordered by the juvenile court.

Visits are planned in keeping with your child's permanency planning.

What is a visitation plan?

You and your child will be invited to participate in the development and review of a visitation plan.

This plan will include:

- the reasons why supervision is needed
- the conditions that will allow for unsupervised visits
- the goals of these visits
- the various arrangements involved in organizing visits (for example, where and when the visits will take place)

What constitutes a quality visit?

A quality visit:

- takes the child's best interests into account
- is necessary to ensure the child's physical and psychological safety
- provides conditions that foster the well-being of child and parent alike
- takes place in an environment suited to the child's needs
- is planned according to the child's needs and daily routine



What is the role of the person who supervises?

The person who supervises must:

- be present with you and your child to ensure that the visit goes smoothly
- make sure that your child feels safe at all times
- offer you and your child the necessary support so you can spend quality time together
- interrupt or end the supervised visit if the atmosphere is no longer conducive to a quality visit or if you or your child feel uncomfortable.



Supervised visits can bring up a range of emotions for you and your child.

For example, the joy of seeing each other, having a good time together, etc.

Sometimes, these visits can bring up feelings of anger, guilt, sadness, etc.

Feeling watched, judged, or analyzed during your interactions with your child can cause significant stress.

Do not hesitate to let your caseworker know. He or she is there to support you!