

## VIDEO RECOMMENDATIONS

The observations that are required as part of the fidelity assessment process may be conducted using video recordings of intervention visits with families. Here are some recommendations for using video.

### Consent

Be sure to ask the family for permission before recording a video in their home. Explain the purpose of the video, how it will be used for fidelity assessment, and who will have access. Document the family's permission using your agency's form.

### Before and After Recording Your Video

Before recording your video, check that your recording device has enough memory and battery power to record the session. If possible, recruit a colleague to join your visit to monitor and handle the device during recording. After your video is recorded, it is highly recommended that you save your video to your computer as soon as possible so that you have a back-up version.

Be sure to protect the family's confidentiality throughout the recording process. Unless you have the family's permission to keep the video, you should delete it after the observation and feedback session with your supervisor/mentor is complete.

### Video Format

- Preferred format: .mp4

Here are a few suggestions for recording a video:

- ALWAYS capture video horizontally! This will make your video easier to see and use. If you are using an iPad or camera phone, be sure to hold or mount it horizontally.
- Use a video camera with a good mic and a tripod if possible. Cell phone cameras are okay but just check to be sure that your phone will pick up the voices and capture the images clearly as possible. iPad videos are huge files so if possible, try to use some other piece of equipment or be prepared to compress the video before sharing if needed.
- Be sure you have good lighting, preferably with the light behind the camera.
- Be aware of background noise in the environment. If possible, turn fans, TVs, or other noises off so that the microphone on your camera will pick up your voices.
- Wait a few seconds after you turn on the camera before you begin your visit. Before stopping your video, wait a few seconds too. This buffer on either end will help with editing.
- Be sure to charge your camera and/or plug it in during filming to avoid your battery going dead during a fantastic visit!

If you need more information about making your video, check out this great resource from Larry Edelman's presentation at the Inclusion Institute (2014), [Using Digital Video in Early Care and Education and Early Intervention](#) (click on link).

Feel free to email Dana Childress at [dcchildress@vcu.edu](mailto:dcchildress@vcu.edu) if you need further information or support.