

Family Time Frequency

Best practice research indicates that visitation frequency should correspond to the child's age and developmental stage and be consistent with the family's permanency goal. The visitation frequency in the chart below pertain to face-to-face visits and are recommended but not mandatory.

Age	Frequency/Duration of Family Time
0 – 6 Months Old	<ul style="list-style-type: none"> • Daily family time is optimal. • Family time should take place at least three times a week for 30-60 minutes and as often as can be arranged. • During this developmental period, the focus should be on short, frequent family time sessions.
6 – 12 Months Old	<ul style="list-style-type: none"> • Family time should take place at least three times a week for one hour and as often as can be arranged. • Children in this developmental period begin to attach to caregivers. Therefore, frequent and regular family time should be scheduled in order to verify the parent as the child's primary caregiver.
1 – 4 Years Old	<ul style="list-style-type: none"> • Family time should take place at least twice a week for 1 1/2 hours and as often as can be arranged. • Separation during this timeframe can create developmental problems for the child. Potential separation anxiety necessitates frequent and regular family time for a longer duration to affirm the parent's role as primary caregiver. • All desires from verbal children should be solicited and considered.
5 – 12 Years Old	<ul style="list-style-type: none"> • Family time should take place at least once a week for two or more hours and as often as can be arranged. • Once the child starts school, the family time plan should be expanded so that the parent can attend school/community-based activities as well.
13 – 15 Years Old	<ul style="list-style-type: none"> • Family time should take place at least once a week for two or more hours. • The Team must take into consideration the child's desires.
15 – 18 Years Old	<ul style="list-style-type: none"> • No recommendation regarding the specific frequency/duration of family time. • Child's desires should be strongly considered in creating the FTP.