Become a member of Early Years Scotland today

Visit our brand new website

Our website, www.earlyyearsscotland.org covers membership and insurance, publications and resources, and the latest early years and Early Years Scotland news. The members only area houses a document library where Parent and Toddler Groups can access a variety of free downloads, including a range of sample group policies. It also features a Frequently Asked Questions (FAQs) section giving information on a wide range of issues relating to early learning and childcare and running an early years service.

Use our helpline: 0141 221 4148

For information and support on all aspects of running a Parent and Toddler Group, Early Years Scotland members can call our helpline, Monday to Friday, 9.00am - 4.30pm.

Publications and resources

Early Years Scotland produce and stock a number of publications and resources for sale to help you to run your Parent and Toddler Group. These can be purchased online at earlyyearsscotland.org. Members should log in through the members’ login section to access publications at the members’ discounted prices.

Follow us on social media

We update our social media pages on a regular basis, so by following Early Years Scotland on Twitter or liking us on Facebook you can make sure that you keep right up to date with what’s happening.
Welcome to ‘Early Years Scotland Parent Chat 0-5’ the first ever edition of Early Years Scotland’s national magazine for parents of young children.

So why have we decided to produce a brand new magazine especially designed for you?

Well….. we know that you, as parents want the very best for your children and believe they deserve the very best. We know that you will go to all sorts of lengths and do whatever you can to achieve this. However, we also know that parenthood doesn’t come with an instruction manual, so as parents, we are not always sure just what we need to do to give our children the best start.

That’s where Early Years Scotland comes in! With our expertise and Early Years professionally qualified staff, we understand that it is often the smallest things that make the biggest difference to children’s lives. For example, we know that if you chat to your child regularly, share stories, give lots of hugs and involve them in everyday real life activity, then you are going a long way towards ensuring they have a much better chance of having a happier childhood and a better life!

This exciting new magazine has been especially designed for you: the parents and children who come to our Parent and Toddler Groups, Stay and Play Groups, Play and Learning Groups, Playgroups, and all the rest, right across Scotland!

We have asked lots of you what you would most like to see in the magazine, so please enjoy your first edition of ‘Early Years Scotland Parent Chat 0-5’ and let us know if you have any ideas, suggestions or comments for the next edition!

Best Wishes
Jean

Jean Carwood-Edwards
Chief Executive, Early Years Scotland

Contents

4 Storytime
6 Bookbug
7 Top Tips for Bedtime Reading
9 Out and About
10 Healthy Recipes to Make at Home
11 Together We Can Make Playdough
12 Dealing With Tantrums
13 Let Me See What You Are Saying
14 Stay And Play
15 Membership of Early Years Scotland

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To discover a magical world of storytelling, why not visit your local library?
Sharing books with children has many wonderful benefits for your child and it will give you the opportunity to cuddle up, relax and share a special moment together. And remember, it’s never too early or too late to start telling stories! Most importantly, it is lots of fun!

**We Recommend**

One of the books that we all love at Early Years Scotland is *The Very Hungry Caterpillar* by Eric Carle. Visit www.eric-carle.com

This story brings the reader into an enchanting tale of a hungry caterpillar who eats his way through the days of the week before transforming into a beautiful butterfly. Every child should experience this wonderful classic tale.

*Darnley Street Stay and Play Parents said:*

“This is her favourite story, she will listen to it again and again. We have good fun counting and naming all the fruits”

“I remember this book as a child and I enjoy reading it now to my son. We like the bright colours”

**Reading with your child can:**

- Develop your child’s language skills
- Help you bond with your child
- Help your child feel more relaxed
- Boost your child’s confidence
- Encourage your child to draw and write
- Give your child a head start in life
Bookbug Baby
Packs are usually gifted to parents when their babies are around 6 – 16 weeks, by the health visitor or through their local library.

Bounce & Rhyme
- Improve children’s literacy, numeracy, and communication skills
- Assist understanding of child development
- Promote parenting skills and prevent social isolation of parents

Bookbug Toddler
Packs are usually gifted to parents when the child is aged between 1-2 years by the health visitor or through their local library.

Toddlers Tales
- Improve children’s literacy, numeracy, and communication skills
- Assist understanding of child development
- Promote parenting skills and prevent social isolation of parents
- Physical activity incorporated

Bookbug Pirate
Pack is usually given out at nursery when your child turns 3 or through their local library.

Play & Share
- Building on Bounce & Rhyme and Toddlers Tales using books and play to bring sessions alive through fun activities
- Supports Play @ Home initiative
- Promotes parenting skills and prevents social isolation of parents.
• Sharing a story at bedtime is a chance for you and your child to relax and enjoy a special moment together.

• Make storytime part of their bedtime routine as they will love to cuddle up and hear your voice and will know that it’s time to wind down ready for sleep.

• Just five to ten minutes a day of storytime will help you bond and help your child’s language development.

• Make bedtime stories something to look forward to and enjoy this time together.

• Snuggle up together, somewhere cosy. It doesn’t have to be in bed and it’s best to switch the television off.

• Choose books with rhyme, rhythm and repetition – hearing rhyming words will help them later when they learn to read.

• Read your child’s favourite books over and over again.

• You don’t always have to ‘read’ a book. Pictures are also very important and help to tell the story. Point to the pictures and talk about them and you will be helping your child learn lots of new words.

• Try using funny voices or silly noises. Your child loves the sound of your voice so try not to be embarrassed or shy. Just remember to make it fun and laugh a lot.

• Books are for anytime not just bedtime!
Silver Shimmer Room

a shimmering learning environment brimming with mirrored resources.

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   £114.95
   See page 907
3. Toddler Curiosity Triangle
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   £29.95
   See page 311
4. Teal Texture Blanket
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5. Mirror Donuts
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   £64.95
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6. Mirror Pebbles
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   See page 309
7. Silver Shimmer Rug
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   £64.95
   See page 335
8. Metallic Boulder Blocks
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   £69.95
   See page 311
9. Toddler Wooden Mirror Table
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   £119.95
   See page 352
10. Super Shiny Spheres
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    £44.95
    See page 311
11. Super Sphere Sorter
    693-EY05084
    £59.95
    See page 297

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Out and About

Did you know that visiting your local parks and museums can be a fun, free family day out for everyone to enjoy. Here are some ideas that you can do when out and about:

• Treasure Hunts
• Splash in puddles
• Hide and Seek
• Hop, Skip, Jump
• Explore nature

For local parks and museums in your area visit: www.visitscotland.com/see-do/itineraries/attractions

These websites will provide you with further information on free activities in great parks and museums for all the family to enjoy in your local area.

Summerlee Heritage Park Coatbridge: www.monklands.co.uk/summerlee/
Riverside Museum Glasgow: museums@glasgowlife.org.uk

Sanquhar Tolbooth Museum, Dumfries and Galloway: dumfriesmuseum@dumgal.gov.uk
Kailzie Gardens, Peebles: www.kailziegardens.com

Check out your local authority’s website to discover more places to visit:

• www.glasgowlife.org.uk
• www.northlanarkshire.gov.uk
• www.aberdeencity.gov.uk
• www.aberdeenshire.gov.uk
• www.dumgal.gov.uk
• www.fife.gov.uk
• www.scotborders.gov.uk

Rain, hail or even sometimes shine, there’s plenty to do indoors and outdoors during a typical Scottish summer.
Healthy Recipes to make at home

Leek and Potato Soup

Serves 4, costs under £2.00. Cooks in 25 minutes.

Ingredients

• 3 Leeks, Medium Sized (480g)
• 5 Potatoes, Medium Sized (425g)
• 2 Vegetable Stock Cubes, Reduced Salt (14g)
• Water (1.2L)
• 1 Pinch Ground Black Pepper (1g)

Method

1. Wash the leeks and potatoes and peel the potatoes.
2. Chop leeks and potatoes into bite size pieces.
3. Dissolve the stock cubes in the water.
4. Put the chopped vegetables into a large saucepan with the stock and bring to boil.
5. Reduce the heat, season with pepper and simmer for 20 minutes.

This recipe is a chosen recipe from the Eat Better Feel Better website at www.eatbetterfeelbetter.co.uk/recipes. It also provides you with cheaper and healthier meal ideas and top tips to cater for all the family.

For your local food bank visit www.trusselltrust.org
Playdough is a cheap activity to help develop your child’s language and communication skills, fine motor skills and senses. Discuss with your child the texture, smell and colour of the playdough. Encourage your child to experiment with it and to roll and squeeze the playdough into different shapes.

**Recipe**

1 cup of flour  
1 cup of boiling water  
½ cup of salt  
1 tablespoon of cream of tartar  
1 tablespoon of oil  
Food colouring  

Add the food colouring to the water and mix. Put all the ingredients in a large bowl and mix. As soon as it starts to bond together and it is hard to mix, take it out of the bowl, throw it on a board and knead until it takes on the look and consistency of playdough. It will be hot when you take it out of the bowl so be careful.

**For other activity ideas visit:**  
www.playtalkread.org  
On the this web page there is a variety of fun games and activities to develop your child’s literacy skills  
www.playscotland.org  
This website provides a variety of ideas for play and highlights the importance of play for all children  
www.centreforunderfives.co.uk  
You can borrow toys free from the toy library
Dealing with Tantrums

Children’s tantrums can be stressful to parents and you may often feel alone and frustrated. Please remember that your child is developing and making sense of the world around them. Tantrums are a way in which your child can express themselves if they cannot find the words to describe how they are feeling. Your child will eventually grow out of tantrums. The main thing as a parent is that you have to stay calm and support your child.

Here are some tips that may be useful:

- Regular sleep pattern of an average of 12 hours is recommended for children between 2-4 years. However this can range between 8-14 hours as some children may still need a nap during the day. Setting clear daily routines is essential for your child’s healthy development. Lack of sleep can impact on your child’s behaviour and sense of wellbeing.
- Try not to make a fuss about the tantrum and give the child space if safe to do so. When the tantrum stops give praise for stopping and talk calmly with your child.
- For young children give clear instructions of your expectations. Use strategies such as ‘time-out’ (we will focus on how to use ‘time-out’ in the next issue).
- To minimise the likelihood of your child having a tantrum, keep your child engaged e.g. whilst shopping give them tasks to do i.e. making and reading the picture shopping list.
- If a tantrum occurs in public, don’t panic or be embarrassed. Just keep calm and realise you are not alone; most parents go through this at some stage in their child’s development.

For more support and parenting tips please visit these websites

- www.triplep-parenting.uk.net
- www.parentingacrossscotland.org
- www.familylives.org.uk
- www.netmums.com
Vicki Mackinnon, Speech and Language Therapy Clinical Lead, NHS Moray, explains why it is easier to understand and be understood if you can see what the other person is saying. Here she gives some of the reasons, and also some suggestions to try when you are talking to your baby or toddler.

When your child looks at your face as you speak, it helps them make sense of the information. One of the reasons for this is because your face and voice are familiar. Your voice was recognisable even before birth. Seeing and hearing you will soothe and relax your child. They are then ready and able to respond and interact with you.

Listening skills develop gradually. You can help them to learn about sounds around them. Every time your child hears you speak, make sure you let them see where you are. Keep talking using your familiar voice until they respond. Listening needs to develop alongside ‘looking’ skills, both are essential for understanding. To be able to look, follow your gaze and respond, is communication. Later on, reaching and pointing skills develop and become part of successful communication. These ‘non-word’ skills are retained and remain an important part of our overall pattern of communication.

Also, other adults need to see and watch the child’s face. This allows you to monitor and respond appropriately to the child’s communication. As adults, we can be guilty of giving too much information. This is confusing for children. Their understanding is affected and, in some instances, so is their confidence. This is much less likely to happen if we watch their faces.

- Practise being at eye level with your child, before you start speaking.
- Help them to listen and look by linking sounds and words with objects they are looking at or showing an interest in. Children learn through playing, and if they have chosen the activity, they will be more likely to interact and communicate.
- Remember, it’s difficult for you to listen if it’s noisy, and much more difficult or impossible for your child.
- Repeat key words which they can see you saying. Learning what a word looks like is part of learning what it means. For example, is it a ‘happy face’ word like ‘tickle’ or ‘bubbles’? ‘No’ and ‘stop’ are ‘serious face’ words.
- When looking at a book together, have the book between you so that you can see each other’s faces.

In summary:

- Looking at each other’s faces is really important in the development of communication.
- Help your child see what you are saying and talking about.
- Watch your child’s face, to be better at communicating with them.
Early Years Scotland provide opportunities for shared play between parents and their babies/young children in a small group environment. This provides an opportunity for parents to chat with one another and also to talk to the friendly and fully qualified Early Years Scotland Play Practitioners. Parents can play with their child and the child can also play with other children.

During the sessions we have lots of play and learning activities with parents and children together. We tell stories, play with arts and crafts, messy play, healthy snack, singing and lots more.

Stay and Play sessions are a free and fun filled opportunity for families to play together in a safe and familiar environment. Parents who have attended these groups make friends, gain confidence in themselves and see an increase in their child’s confidence, social skills and independence.

To find out if Early Years Scotland provides Stay and Play sessions for families in your local community, please contact us by phone, visit our website earlyyearsscotland.org, or go to our local facebook pages listed below.

- ABERDEEN: www.facebook.com/aberdeenstayandplay
- DUMFRIES & GALLOWAY: www.facebook.com/earlyyearsscotlanddumfries&Galloway
- GLASGOW NORTH: www.facebook.com/earlyyearsscotlandglasgownorth
- GLASGOW SOUTH: www.facebook.com/earlyyearsscotlandglasgowsouth
- NORTH LANARKSHIRE: www.facebook.com/earlyyearsscotlandnorthlanarkshire

Feedback from parents from our Stay and Play sessions include:

“I feel my grandson is more confident and pays more attention in this group than others. He sits and listens which he doesn’t usually do.”
“I think coming here is helping my daughter be more independent”
“My granddaughter is learning so much attending this group and can remember her friends’ names now. She talks about her friends from this group to her mum at home. It’s good to come along with her”.

As a member of Early Years Scotland, Parent and Toddler Groups have access to a variety of services. These include excellent value insurance cover, publications and resources, a helpline, a regular magazine, advice and support on early learning and childcare issues, ideas for improving how you run your group, and lots more! Parent and Toddler Groups can apply for different types of membership, and members are entitled to a range of benefits. To find out more about these please visit our website www.earlyyearsscotland.org

“As a Voluntary Playgroup there are many issues that arise, and sometimes hard to deal with. The help and support we receive from Early Years Scotland has been invaluable to our group. They also provide a great deal of information regarding structured routines for children's' playgroups, which has a knock-on effect for parents and carers alike.

It’s great to know there is someone out there willing to help and listen and their advice and support gives you the confidence to deal with all sorts of situations.”

Marion Coleman, Chairperson
Double Deckers Playgroup,
Budhill Family Learning Centre,
Glasgow East
Early Years Scotland Annual Conference

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Full details and online booking at earlyyearsscotland.org/conference