

Chat about Childcare



Welcome to the April edition of Chat about Childcare

There has been a lot going on as usual across South Lanarkshire as you will see from this edition of Chat About Childcare. We really want you to continue to tell us of your achievements or the interesting things that you have been doing – Chat About Childcare would be pretty boring without you!

Spring is a wonderful time of year to get out there and explore with the children, and we have included lots of ideas for activities to support this. This also ties in with the Care Inspectorate's 'Risk in Play' position statement which supports children being enabled to have more opportunities for challenging experiences.

I hope you enjoy this edition of Chat About Childcare, and we would welcome any feedback that you may have.

Jean E. McKeown

Councillor Jean McKeown

Chair, South Lanarkshire Early Years and
Childcare Partnership

If you need this information in another language or format, please contact us to discuss how we can best meet your needs. **Phone: 0303 123 1015**
Email: equalities@southlanarkshire.gov.uk

www.southlanarkshire.gov.uk

St Brides Nursery Class, Cambuslang

The children at St Brides Nursery Class in Cambuslang participated in a week of learning all about Scotland and St. Andrew. The children painted Saltire flags, made collage tartan kilt pictures, tasted oatcakes and haggis and joined with the school to perform for the grandparents in St. Bride's Primary School and Nursery Class St. Andrew's Day Assembly.

They also performed for their parents at the end of each session singing, 'Ally Bally'. All the children had a super time learning about Scotland and performing the song on the stage.

For further information please contact:

**Louise Torrance at St Brides Primary
and Nursery Class**

Phone: 0141 641 3344

Email: gw07torrancelouise@glow.sch.uk



Issue 17
April 2016



YUM!

Healthy eating from birth up to 16yrs



FREE

Help and advice on healthy eating for childcare providers

A **free** learning programme to complement the *Nutrition and Oral Health* pack.

In-depth information and activities on:

- healthy eating,
- health teeth and mouth,
- overweight and obesity,
- food labelling and
- portion sizes.

The programme runs online so it is accessible from any computer and fits around the needs of childcare providers and all professionals working with children.

Completing the training earns a certificate accrediting 4 CPD hours.

Lynne Baxter, District Nurse:

“Enjoyable and interactive. Context mix was just right!”

Tracy Andrews, Early Years worker: “*Nutrition & Oral Health* was very informative and will certainly help me at work and also at home.”

Find out more and request a login: please contact Kirsten Lammie – email kirsten.lammie@lanarkshire.scot.nhs.uk or call 01698 377621

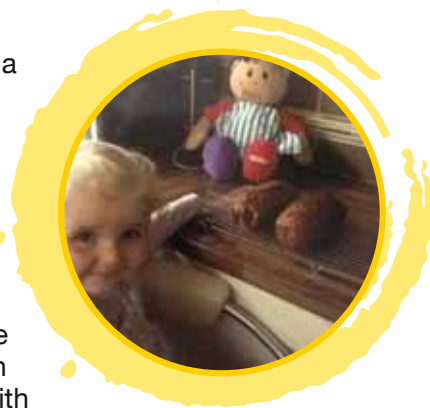
Stonefield Nursery

Parents and caregivers play a key role in teaching children to make healthy choices for themselves.

Teaching children to eat healthy foods at an early age helps them develop healthy eating patterns for life. At Stonefield Nursery we cook a lot. We allow children to make food themselves (with a little help from an adult), and it's a great way to learn about food and meal preparation. Chef Ramsay was developed to continue this learning at home with parents and other family members.

A range of cooking utensils suitable for children, enable children to follow recipes as much as they can themselves and since the children help prepare the food they are more likely to eat it! Home visits are captured in a book and shared with the children in nursery. Our parents have reported that it is less frustrating getting children to eat and try new foods and families are having fun cooking together!

For more information contact Stonefield Nursery on 07886914934 or 01698 721822



scma | Scottish Childminding Association
committed to quality childcare

SCMA Childminding Development Officer – Lorna Carlyle is always looking at ways to support childminders across South Lanarkshire.

Over recent months the CDO has received ever increasing calls and emails from parents looking for childcare as well as childminders who have no vacancies but have potential clients looking for childminders.

So with the help of Social Media Lorna decided to set up a closed Facebook Page called SCMA South Lanarkshire Childminders.

The page has been a great success with 120 childminders in South Lanarkshire joining the group so far. The page allows childminders to share vacancies in their own services, parent requests for childcare, arts & crafts ideas, ask questions and share training opportunities across the localities.

The CDO also shares information directly from SCMA website and Facebook page as well as others such as Play Scotland and Care Inspectorate information.

The page has only been running since August 2015 but has been a big hit with childminders who use it on a regular basis. It is a quick and easy way to share information instantly. If you wish to join the group all you have to do is request to join. Admin will then approve you onto the page where you can access all the support there is to offer.

**For further information please contact Lorna Carlyle
Phone: 01698 832076 or
Email: lorna.carlyle@childminding.org**

Ballerup Nursery Centre 'Grandbuddies'

The 'Grandbuddies' initiative is an exciting project which brings together children and staff from Ballerup Nursery with 'seniors' at Rosaburn Care Home where they share 21st century learning activities, stories and games with those of the past. It is having a real positive impact with the residents as well as broadening the learning experiences of the children.

The project came to life following a meeting between Liz Hight, Home/School Partnership worker and Ballerup Nursery Head of Centre Mairead Maxwell. Liz had found American research showing the benefits of intergeneration projects.

The nursery had previous links with Rosaburn Care Home and were keen to get on board. Liz contacted care home manager Jordan Simpson who was as excited as the nursery were.

Following a few planning meetings the project was ready to begin, with eight children from Ballerup, 2 staff and 2 home/school partnership workers.

An initial eight week programme was devised where the children visited the home weekly.





They met their new buddies played old fashioned games such as jacks, marbles and dominoes and other activities including parachute play, doing jigsaw puzzles, arts and crafts, stories and songs. At the end of each session the buddies enjoyed snack together.

The elder generation learned about the wonders of technology with the children introducing them to skype on iPads. They enjoyed a chat and watching some of the nursery Hallow'een party on skype!

Feedback from everyone involved has been excellent. Parents and grandparents are delighted that the children are involved and report lots of chat at home about the Grandbuddies. Each week a few more residents from the home joined in, with 17 becoming involved altogether. Rosaburn manager Jordan commented that the project is "magical, the residents faces light up and they look forward to and talk about their buddies visits all the time".

The Grandbuddies were welcomed to the nursery for the Christmas nativity concert; they enjoyed the show and a cuppa with homemade scones and cookies afterwards.

The project is a massive success, with round two currently being planned.

We are also exploring other ways to develop the project, with our Grandbuddies knitting dolls clothes and possibly helping out in our nursery allotments. The children are going along to sing the Scottish songs they have been learning to join in with Burn's Day celebrations at Rosaburn.

For further information on the Grandbuddies project, please contact:

Mairead Maxwell
Head of Ballerup Nursery Centre

Phone: 01355 236737

Email: atgw14ballerupnuoffice@glow.sch.uk





Childminders central to childcare ambitions

New training and induction programme to be introduced.

Childminders will be central to the delivery of the Scottish Government's massive expansion of childcare in both nurseries and childminders, First Minister Nicola Sturgeon announced plans for a new standard of best practice for the profession.

The standard will include a new training and induction programme that all childminders will be expected to complete prior to registration.

Currently, childminders are registered and are inspected but do not have to undertake qualifications in order to register.

The training and induction programme, which will be developed with the Care Inspectorate, will support the development of skills and training for all childminders working in the early learning and childcare sector.

The First Minister said:

"Childminders do an absolutely crucial job for parents across Scotland, ensuring that their children are properly cared for while they go out and work.

"A good start in life is, quite simply, the most important gift we can give our young people. We are absolutely committed to ensuring Scotland is the best place to grow

up, with every child given the best chance to succeed and with raising attainment a key priority.

"Childminders play a vital role in children's development, which helps to reduce social inequality and close the attainment gap. They will be central to our ambitions for a massive expansion of early learning and childcare in the years to come."

"However, at present, childminders are not required to undertake any training or even induction. As recently highlighted, well trained, supported and suitably qualified staff are fundamental to improving quality and have a key role in addressing our most entrenched problems of poverty, poor health and poor attainment.

"That is why, alongside the commitment to increasing the level of entitlement to free early learning and childcare to 1140 hours per year, we will also ensure that the provision which will be offered is of the highest possible quality. These new standards will help drive up quality and ensure parents can rest assured that their children are in the best possible hands.

"As we expand the hours that children are entitled to, we will also increase the flexibility of the offer. We will ensure that parents can opt to take their available hours of free childcare to better suit their working patterns, with childminders being central to that offer."

Karen Reid, Care Inspectorate Chief Executive, said:

"I warmly welcome this announcement. Our inspections show that childminders across Scotland provide good quality care at a really important time in children's lives. The impact that high-quality childminding can have on children's development is very significant, offering a homely, warm, nurturing environment for children to learn, explore and grow up.

"I am delighted to work with the Scottish Government and the Scottish Childminding Association. This will support childminders to be the best they can be, and help make Scotland the best place for children to grow up in."

Maggie Simpson, Chief Executive of Scottish Childminding Association (SCMA), said:

"I'm delighted to hear of another piece being added to the jigsaw. Today's announcement of the development of a quality standard for childminders will bring childminding in line with the opportunities that are already enjoyed by the rest of the early years workforce.

"There is already a robust registration and inspection process carried out by the Care Inspectorate with childminding services amongst the highest graded Early Learning and Childcare providers.





Cadzow Nursery school

“SCMA and our childminder members also wanted to see more direct access to qualifications and I look forward to working with the Care Inspectorate, Scottish Government and the Scottish Social Services Council on the development of this quality standard for childminders.”

For further information please contact:

Lorna Carlyle

Phone: 01698 832076

Email: lorna.carlyle@childminding.org

At Cadzow Nursery school we have a passion for outdoor play and have now had an innovative purpose built balcony specifically designed for our upper school. Our children now have access to outdoor play on our upper level of our nursery all day on a “free flow” basis to support children’s choice. We were lucky to have two outdoor play areas on the ground floor but felt we wanted our children upstairs in the 3-5 playroom to have learning outside to support the development of healthy and active lifestyles, promote contact with the natural world and offer experiences that are unique to outdoors, such as direct contact with the weather and the seasons so the idea of our outdoor balcony has been created!

It is resourced with a mud kitchen to promote problem solving, imagination and role play.

Children can also be creatively expressive through painting, mark making and the use of unconventional materials such as crates, wooden blocks and natural resources. Our balcony has also created an under cover weather proof outdoor area for our under 3’s department. We also use this on a free flow basis for children as young as 16 months. This area has been designed to offer opportunities to develop all aspects of children development through play. We have areas for



story telling, a literacy hut, creativity area, climbing wall and mud kitchen.

It was our aim to ensure the importance of play was embedded within all aspects of our nursery including the outdoors. We look to continue to develop our outdoor areas to ensure our children have access to exciting play opportunities to support their development and learning.


For further information, please contact:

Cadzow Nursery School

Phone: 01698 423333

Email: enquiries@cadzownursery.co.uk





How Early Attachment Relationships support Transition (HEART) - the on-going journey

Developing an attachment informed approach for all professionals working with children offers the best prospect for effective early intervention for children and young people, whatever their age and family situation

(Scottish Government Attachment Matters for All, 2012)

'How Early Attachment Relationships support Transition (HEART)' is a multi agency steering group based in Glenlee Primary School who are committed to implementing attachment theory. We are on a journey exploring the most effective applications of the theory. Two nursery establishments are directly involved – Glenlee Primary Nursery and Robert Smillie Memorial Primary Nursery – but we want to share our learning across South Lanarkshire.

Since we shared our vision with you in the newsletter in September 2013 we have made encouraging progress. The HEART steering group has been meeting 4 times a year and we are able to consult on new ideas with our Pioneer Parents group from Glenlee Primary Nursery. It has been a productive year with the ongoing parent workshops on the 'Early Years A-Z of Attachment and Resilience', and the preparation and distribution of resources for parents and carers to use with their child to prepare them for nursery and help the children and parents feel connected

to where they will be going.

However, our main focus this year has been on exploring the impact of visiting each child and their parents or carers at home prior to starting nursery. Does this significantly improve the attachment relationship between home and nursery? Each child who has started at Glenlee Primary Nursery and Robert Smillie Memorial Primary Nursery since January 2015 has been visited at home by staff from their nursery. An observation tool has been completed after each visit to help make sure the nursery really know about the child and is ready to make them feel at home. There has been very positive feedback from the nurseries involved. Joanne Lindsay from Glenlee Nursery reported that staff have found there to be many benefits in carrying out home visits. These include,

- Helping children and their parents/carers feel more at ease on their first day by greeting them with a familiar face.
- Meeting children in their own environment helps staff to really get to know children and this, in turn, allows staff to plan for each child's transition individually.
- The connection between the child and their key worker begins at this early stage and transitions are often a more smooth experience

as a result. It is felt that the overall time it takes children to be settled at nursery is now quicker.

- Trust in staff begins to form during home visits as they can reassure parents/carers, answering questions and discussing any concerns they may have, ahead of their child starting nursery. Staff are then able to build upon this and feel more able to support families.

Feedback from parents involved in the home visits has also been positive, with each parent indicating that they would recommend the visit to a friend. Parents were asked what was most helpful about the home visit and some of their comments include:

- "I got to meet the staff and know their faces. I got the chance without feeling rushed. I didn't know what to expect. I spoke to friends and they said they wished they had the home visit".
- "It was useful for my son as he had no experience of nursery. He showed the women his toys and benefitted from the familiar face. Staff were very familiar to him and it brought down barriers before he came in. Both of us (mum and dad) felt reassured."





Outdoor Activities for Spring

- “My daughter was really pleased to meet her teacher before she went. They explained to my daughter what she would be doing, because she was dreading it, the women put her at ease. This definitely helped, knowing she was at ease.”

We feel certain that a home visit promotes the secure relationships between staff and children and this in turn has the potential to lead to improved learning outcomes. It is recognised that this can be difficult to facilitate due to staffing issues and demands on time but with careful planning, and a commitment from Managers to ensure this is a clearly identified priority, the benefits far outweigh organisational challenges.

If anyone is interested in finding out more about the work of HEART and the related research on the impact of staff training on attachment theory and practice being undertaken by the chair of the steering group, please contact Elizabeth King, at enquiries@slcpsych.org.uk

1. Spring is the perfect time to grow your own fruit and vegetables.
2. Grab your wellies and splash, jump and play in the mud.
3. Listen to the trees in the spring breeze.
4. Help hang the washing up.
5. Make a bug hotel for the insects in your garden.
6. Plant some sunflower seeds.
7. Blow bubbles with a friend and take turns to run and catch them.
8. Go on a snowdrop walk and see how many you can spot.
9. Make a bird path.
10. Go on a worm hunt.
11. Visit your local beach.
12. Wrap up in your waterproofs and go exploring in the rain.
13. Make a den with your family in local woodland.
14. Have a snack or picnic in the Spring sunshine.
15. Go on an evening walk and watch the sunset.
16. Collect sticks.
17. Go on an Easter egg hunt.
18. Make a kite and watch what happens when you run with it on a windy day.
19. Make spring hats and have an outdoor parade.
20. Take a walk to feed the ducks. Can you spot any new ducklings?
21. Play hide and seek.
22. Search for daisies and make a daisy chain.
23. Take a large cardboard box outside to play in. What can you turn it into?
24. Make a birdfeeder.
25. Climb a tree.
26. Visit local woodland and go bird spotting.
27. Have a toy car wash, outdoors.
28. Build a fairy house in your garden - gather small pebbles, twigs, flower petals and let your children's imagination take off.
29. Set up an outdoor zoo - use small plastic or wooden animals, make fences out of twigs, rock caves for the lions and tigers and small plastic containers for pools for the penguins and polar bears. Use lego and playmobil people to visit your zoo.
30. Go on a bear hunt - use simple props to explore the well-known children's story. Long strips of green paper can be hung from a door frame to make pretend grass; a blue sheet or towel can be used to make a river; a brown rug, sheet or piece of cardboard is ideal for the mud; scarfs and hats can be worn during the snow storm and a sheet over a large cardboard box with a teddy inside makes a fantastic cave. Cut out some paw prints and place them around the house or garden so the children can follow them. This activity can be done indoors or outdoors.



The Life of a Playworker



Steven Stewart is a playworker for South Lanarkshire Leisure and Culture. Here he tells us a little bit about what his job involves.

How long have you been a playworker for?

I have been a Playworker with South Lanarkshire Leisure and Culture for about 8 years.

How did you get into Playwork?

I got involved in Playwork when I was at college and initially applied for a Summer Job working in the Playzones, and have taken on more work opportunities since then. I have also completed my SVQ 2 in Play Work, as well as completing my Epilepsy training and Basic Makaton training in addition to a number of regular training opportunities offered by South Lanarkshire Leisure and Culture.

What does your job involve?

My job involves planning and running a wide variety of play sessions and classes for young people ranging from 18 months up to 18 years. Initially when I started in play work it was delivering Summer time play clubs to 5-12 year olds in the local sports centre providing a wide variety of play opportunities for the children to experience. I then moved on to work predominantly in the clubs we run both holiday and term time for children with an additional support need. This involves working with children, some with very high needs, to make sure they can also

experience a wide variety of play experiences. This work has opened up further opportunities for me as I now help to deliver our Disability Sports Programme which gives young people aged 5-18 years who have a physical, sensory or learning disability the opportunity to get involved in a variety of different sports.

More recently, I have become involved in our early years programme delivering Go! Play classes to children ranging from 18months-5years. This involves planning and delivering activities for children to enhance their all round development in a fun and imaginative way, usually focusing on a different theme each class. This involves singing songs, playing games and often an obstacle course. I have also gained further experience by helping out at some of the other early years classes we offer including pre-school gymnastics and pre-school games.

What do you enjoy most about your job?

I really enjoy working with a variety of different age groups and building up a good rapport with the children, parents and other staff. It is very rewarding when you see a child achieve something they didn't think they were able to do – whether it be a young child doing something for the first time, or working with a child with an Additional Support Need to improve a particular skill.

For more information about any of the Play Services, Disability Sports or Early Years classes South Lanarkshire Leisure and Culture have on offer please contact:

David Crawford

Phone: 01698 476195

Email: [david.crawford2@](mailto:david.crawford2@southlanarkshireleisure.co.uk)

southlanarkshireleisure.co.uk





Glenlee Nursery

Pirates and Fairies

Woodland Adventure

The excitement started with the children from Glenlee and Hamilton School for the Deaf Nursery receiving a letter from the fairies of Glenlee and Udston Woods asking for their help as the naughty pirates had stolen their treasure. The children went exploring the woods where they found 4 fairy houses (one for each season). They were unable to see any fairies as they only come out at night. The children continued to help the fairies doing lots of tasks including making lots of bright things to help light up the woods so the fairies could see any clues when they come out at night-time and doing tree rubbings to get some secret messages from the trees. During our last visit the children followed lots of clues to find the treasure (chocolate coins) and were rewarded with a campfire with marshmallows.



We had lots of parental help during our visits to the woods with almost all children having a parent/carer or other relative along with them for at least one of the visits. We received lots of positive feedback from everyone involved.

The children loved the topic and the initial idea of naughty pirates stealing treasure and the treasure being chocolate coins etc. came from the children.

While in nursery the children explored the 4 different fairy characters writing stories, doing drawings etc.

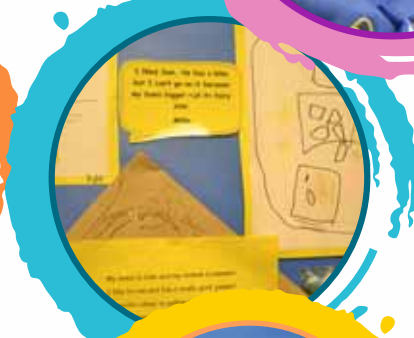
We have had some help along the way from The Friends Of Glenlee and Udston Woods Group and the SLC Park Rangers. We are hoping to continue our visits to the woods in the Spring.

For further information, please contact:

Caroline Stevenson
Early Years Team Leader at Glenlee Nursery

Phone: 01698 823343

Email: gw14stevensoncarolin@glow.sch.uk



Health Families

- South Lanarkshire Leisure

Healthy Families is a new class for adults and children to attend together. Small changes can make a huge difference to a healthier family.

Healthy Families is here to support families develop a positive Healthy Lifestyle through;

- Increased physical activity and smarter food choices
- Maintain positive changes in your lifestyle

Children should enjoy 60 minutes of activity on top of their nursery or school day. It is more fun if activities are something the whole family can do together and children are more likely to join in if they see mum and dad doing it too. The family environment early in life can shape health outcomes into adulthood.

Healthy Families is a free class, run in conjunction with NHS Lanarkshire, which will provide the whole family with nutritional information and fun family activities. The 1 hour class based in your local community is for children aged 2-5 years and for any parent, guardian or grandparent to come along and join in the fun. The classes run for 10 weeks and will be based around 30 minutes nutritional information and 30 minutes physical activity.

Recommendations for healthy eating, physical activity, sleep and screen time will all be covered throughout the 10 weeks.

Healthy Families will be running from April to June in venues across both North and South Lanarkshire.

To book your free place or to find out more, get in touch with:

Lindsay Meighan
Phone: 01698 476157
Email: lindsay.meighan@southlanarkshireleisure.co.uk

or

Fraser Simpson
Phone: 01236 341968
Email: fraser.simpson@nleisure.com



The benefits of having a laugh with your little one

Your child is

30x more

likely to laugh at something when they are with you.



Babies learn to laugh before they learn to talk, crawl, or walk.



The average **3** year old laughs **300** times a day



Laughter improves your little one's quality of sleep

Happiness and laughter is contagious - just watch a baby in a full belly laugh

The more you and your little one **LAUGH** the more likely you are to **LIVE LONGER**



1 minute of intense laughter sets your heart at the same level as **10** minutes on a rowing machine



Laughter is the best medicine



Realigning Children's Services

Transforming Children's Futures

Realigning Children's Services is a national programme that supports local areas to make better, evidence informed plans to support their children and families. As part of this programme, South Lanarkshire Council is working with ScotCen Social Research to carry out a survey of parents and carers with children aged 0-8.

ScotCen will speak to a sample of parents/carers during February, March, April and May 2016. The survey will look at services to support the well being of young children and their parents, and the results will be really helpful in shaping the future of service delivery in South Lanarkshire.

A leaflet advertising the parent survey has been prepared. We would appreciate if you could distribute these to parents, speaking to them about the work as you give it to them. If any parent wants to find out more, there are contact details on the leaflet and a website where they can access lots more information about the programme and the survey.

Thank you for your help with this valuable work.

For further information, or to request more leaflets, please contact:

Michele Dowling

Phone: 01698 45 2238

Email: michele.dowling@southlanarkshire.gcsx.gov.uk

Outdoor Active Learning at St Brides



Health week in St. Bride's Nursery in Bothwell generated a 'clean up' and redesign of their outdoor play area. The children worked together with the staff to organise and create purposeful play ideas outdoors across the curriculum providing an extension to their indoor learning environment, creating opportunities for: spontaneous, planned and purposeful play; investigating and exploring; real-life and imaginary situations with an overall focus for learning and teaching.



The new designs included a music station using recycled materials, a construction site, a 'counting' house, sand and water play and a picnic area.

Recycled resources were used to produce activities on a larger scale than would be possible indoors.

Staff at St. Bride's Nursery have found children are more relaxed and less restricted when exposed to the outdoor environment providing freedom to explore new opportunities.



In addition, outdoor play contributes to children's physical, social and mental wellbeing: increasing physical activity and developing independent mobility skills; removing barriers by creating holistic play spaces and play opportunities for children and providing challenges to enhance children's thinking.



For further information, please contact:

Angela Tierney

St Brides Nursery Class, Bothwell

Phone: 01698 853709

Email: gw10tierneyangela@glow.sch.uk

Positive approach to risk in play

The Care Inspectorate is showing its support for nurseries, childminders and other early years care services that take a positive approach to risk, by setting out its position on regulating for risk in play. We launched our position statement with the support of Play Scotland at their event *Playing with risk: embracing the benefits with positive regulation*, held in January 2016.

The Care Inspectorate's position statement

"The Care Inspectorate supports care service providers taking a positive approach to risk in order to achieve the best outcomes for children. This means moving away from a traditional deficit model that takes a risk-averse approach, which can unnecessarily restrict children's experiences attending registered services, to a more holistic risk-benefit model. For example, we encourage services to use risk assessment to support children to enjoy potentially hazardous activities such as woodwork using real tools, exploring nature and playing in the mud and rain. We do not expect written risk assessments to be carried out for daily play activities."

Context

Embracing a risk-benefit approach is part of changing our regulatory culture. For example, when we inspect we now assess the experience of the children attending and try to help services to improve. Traditionally the regulator would have just measured inputs and ensured that all services complied with the expected standards.

A positive approach to risk in play is being taken by specialist outdoor-based services for children. Since the

UK's first full-time forest nursery was registered in Fife in 2008, outdoor-based services have flourished in Scotland. At this event, the Care Inspectorate celebrated the growth of these services and their contribution to developing a proportionate approach to risk.



Play Scotland support

Cherie Morgan, Play Development Officer, Play Scotland says: "We want to see a common sense approach to risk in play, where practitioners weigh up the benefits, as well as the risks involved with activities. The opportunity to face challenges in a supportive environment helps children and young people learn to assess and manage risk for themselves, and this is vitally important for their development. We're delighted to work with the Care Inspectorate to highlight this message to those who are responsible for the day to day care of children."

Ministerial support

Aileen Campbell MSP and Minister for Children and Young People supports this new approach with the following statement.

"In June 2013 the Scottish Government published the Play Strategy for Scotland, which seeks to improve the play experiences of all children and young people, including those with disabilities or from disadvantaged backgrounds. The Strategy aims to ensure all children and young people can access play opportunities in a range of settings which offer variety, adventure and challenge. They must be able to play freely and safely while learning to manage risks and make choices about where, how and when they play according to their age, stage, ability and preference.

"A huge part of this is giving regulated services the confidence to provide good quality, challenging play opportunities for children in their care. Real life experiences for children cannot be free of risk; from the very beginning children learn from trial and error, falling and getting up, testing their own boundaries and this enables them to develop their own coping strategies and resilience.

"It is important too that children with additional support needs also have the chance to experience challenging play – and that quality play opportunities are offered to all children, according to their needs and preferences.

"Myth busting in terms of what 'safe care' is for our children is also important. Scotland's children deserve to be cared for in a loving, nurturing environment that includes hugs and the comfort of touch, which is even more important now that children are in care environments from a younger age and for longer periods of time.

"I am delighted that the Care Inspectorate is supporting care service providers to adopt a more holistic risk-benefit model to help them achieve the best outcomes for children. This positive approach to risk emphasises confidence in providers using their professional judgement to support, nurture and challenge the children and young people in their care."



things to do before you're 3

Lanarkshire's top Play, Talk and Read activities

Play

Running through the leaves at Palacerigg Country Park

Talk

Saying "hello" to the meerkats at Calderglen Country Park

Read

Visiting our local library for free stories, songs and rhymes at a Bookbug Session

- 1 Visiting our local library for free stories, songs and rhymes at a Bookbug Session
- 2 Saying 'hello' to the meerkats at Calderglen Country Park
- 3 Riding on an old fashioned tram at Summerlea Museum
- 4 Running through the leaves at Palacerigg Country Park
- 5 Taking a ride on a tractor at the National Museum of Rural Life
- 6 Looking at the windmills at Whitelee Wind Farm
- 7 Finding the train stop for a ride at the miniature railway at Strathaven Park
- 8 Playing I-Spy at Strathclyde Country Park, Motherwell
- 9 Playing freeze tag at Drumpellier Country Park
- 10 Playing in the dressing up box at the Low Parks Museum
- 11 Reading stories and having a teddy bear's picnic at Chatelherault Country Park
- 12 Pretending to be a soldier at Bothwell Castle
- 13 Following the signs for a sunny day out in Cumbernauld Glen
- 14 Looking for bats and badgers at the Falls of Clyde, near Lanark
- 15 Bouncing around on the trampoline at Burngreen Park
- 16 Finding the swing park on the visitor map at Lanark Loch
- 17 Feeding the swans at James Hamilton Heritage Park before reading 'The Ugly Duckling'
- 18 Reading a story under a tree at Viewpark Gardens
- 19 Flying a kite on a windy day at Castlebank Park
- 20 Sailing a paper boat on the pond at Biggar Public Park
- 21 Searching for mini beasts at Central Park, Airdrie
- 22 Nature spotting at Gartcosh Nature Reserve
- 23 Reading the names of the barges and houseboats at Auchinstarry Marina
- 24 Pretending to be an owl at World of Wings
- 25 Taking a trip on the narrow gauge railway at Leadhills & Wanlockhead
- 26 Spotting the orchids at Caldercruix Countryside & Nature Park
- 27 Playing poohsticks from the bridge at Dumbreck Marsh
- 28 Launching a paper aeroplane with a message in it from the top of Strathaven Castle
- 29 Searching for the oldest tree in Lanarkshire at the Dalzell Estate
- 30 Looking for red squirrels at Craignethan Castle



Directory of contacts

Here is a list, of people, services and organisations that may be useful to your service. The list is by no means exhaustive!

Early Years Service

South Lanarkshire Council Early Years Service

01698 454470

earlyyears@southlanarkshire.gov.uk

South Lanarkshire Childcare Information Service

01698 454470

earlyyears@southlanarkshire.gov.uk

Morag McDonald, Early Years Strategic Manager

01698 454474

morag.mcdonald@southlanarkshire.gov.uk

Allan McRitchie, Early Years Manager (Curriculum)

01698 454285

allan.mcritchie@southlanarkshire.gov.uk

Helen Hodge, OOSC Development Officer

01698 455675

helen.hodge@southlanarkshire.gov.uk

Early Learning and Childcare Support Team

01698 455675 (Marion, Vivienne, Ruth, Liz, Elaine, Janice, Andrea, Helen)

Integrating Children's Services

Kathleen Colvan, Service Manager, ICS and CCLD

01698 454517

kathleen.colvan@southlanarkshire.gov.uk

Debra Lindsay, Hamilton ICS Area Manager

01698 452370

debra.lindsay@southlanarkshire.gov.uk

Val McIntyre, East Kilbride ICS Area Manager

01355 235702

val.mcintyre@ics.s-lanark.org.uk

Kevin Mullarkey, Clydesdale ICS Area Manager

01555 895192

kevin.mullarkey@southlanarkshire.gov.uk

Elaine Walker, Cambuslang/Rutherglen (ICS Area Manager)

0141 630 2520

elaine.walker@southlanarkshire.gov.uk

Jennifer McCormick, Early Years Manager (Development)

01698 454973

jennifer.mccormick@southlanarkshire.gov.uk

Ellen Ward, Training and Development Officer

01698 455660

ellen.ward@southlanarkshire.gov.uk

Pauline Stanton, SVQ Lead Assessor

01698 455660

pauline.stanton@southlanarkshire.gov.uk

Early Years and Childcare Training and Development Team

01698 455660 (Ellen, Pauline, Janice, Lesley)

Community Learning/Home School Partnership/ Cultural Co-ordinators/Mobile Crèche

Fiona Robertson, Senior CLHS Worker

01698 452214

fiona.robertson@southlanarkshire.gov.uk

Doreen Jenkins, Senior CLHS Worker

01698 452395

doreen.jenkins@southlanarkshire.gov.uk

Susan Sandilands, Senior CLHS Worker

01357 528719

susan.sandilands@southlanarkshire.gov.uk

Lianne Grieve, Senior CLHS Worker

0141 630 2520

lianne.grieve@southlanarkshire.gov.uk

Cultural Co-ordinator Team

0141 630 2520 (Claire, Kimberly, Louise)

Anne Brodie, Crèche Officer

South Lanarkshire Mobile Crèche

01698 452180

ann.brodie@southlanarkshire.gov.uk

Other Useful Contacts

Support for Play and Early Learning in Lanarkshire (SPELL)

01698 768933

spell.org@btopenworld.com

Lorna Carlyle, Childminding Development Officer

01698 832076

lorna.carlyle@childminding.org

Hazel Rankine, National Day Nurseries Association

(NDNA representative for South Lanarkshire)

01698 306090

office@bigbirdlarkhall.co.uk

Kim Kilgannon, Play Development Officer, Leisure

01698 476195

kim.kilgannon@southlanarkshireleisure.co.uk

Care Inspectorate, Hamilton Office

01698 208150

enquiries@careinspectorate.com

www.scswis.com

Scottish Social Services Council

0845 603 0891

enquiries@sssc.uk.com

www.sssc.uk.com

