



SUPPORT
FROM THE START

**Healthy
Happy Bairns**

FROM THE START



International Mud day is celebrated across the world. It is organised by the World Forum Foundation which brings together children and early childhood professionals from all over the world.

INTERNATIONAL MUD DAY
4 JULY 2014

WARNING

This session involves playing with mud.



ELPA- East **Lothian** Play Association

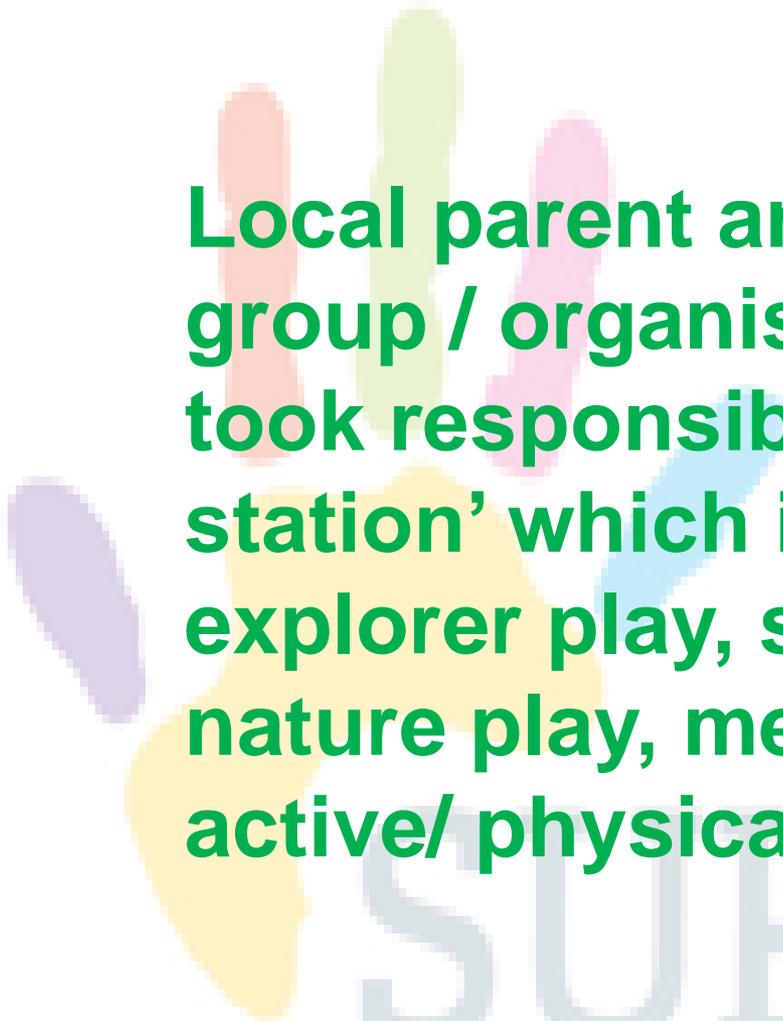
Wednesday 6 August 2014

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Approx 200 parent and children attended a National Play Day celebration in Neilson park, Haddington.

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Local parent and families group / organisation each took responsibility for a ‘play station’ which included explorer play, science play, nature play, messy play, active/ physical play.

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Pop up Play

Successes, activities and major events or milestones:

The Haddington SFTS group organised a session in Nielson park with the following aims:

- Promote the Haddington SFTS group
- Promote play opportunities that are free or low cost
- Promote partnership working between local children and play related groups
- Explore the use of the 'Pavilion Building' and surrounding area as a play base for Haddington

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The session was well supported by local staff and volunteers with a range of groups represented – library staff delivered a bookbug session in a tepee, local play groups ran a mud play, and cardboard box and paint sessions,

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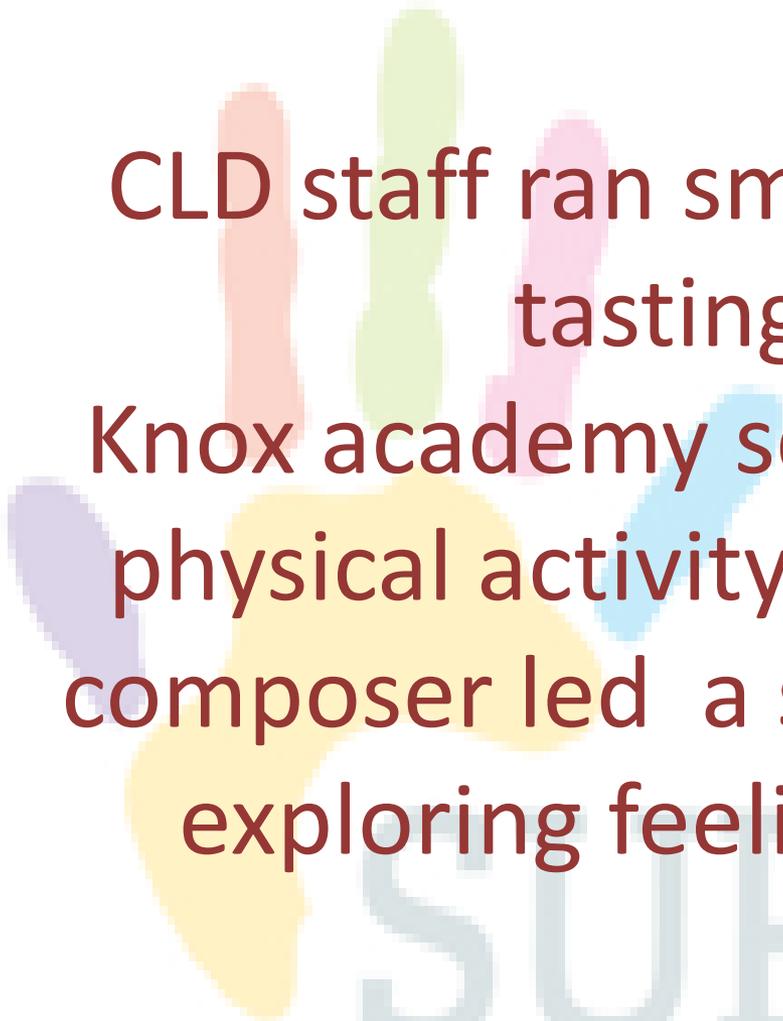
Over 50 mostly local children and their parents attended the pop up play session and feedback was universally positive.

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Local parents supported a bread painting and play mapping sessions.

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CLD staff ran smoothie making and
tasting sessions,
Knox academy school of rugby ran a
physical activity session and a local
composer led a sound based session
exploring feeling and emotions.

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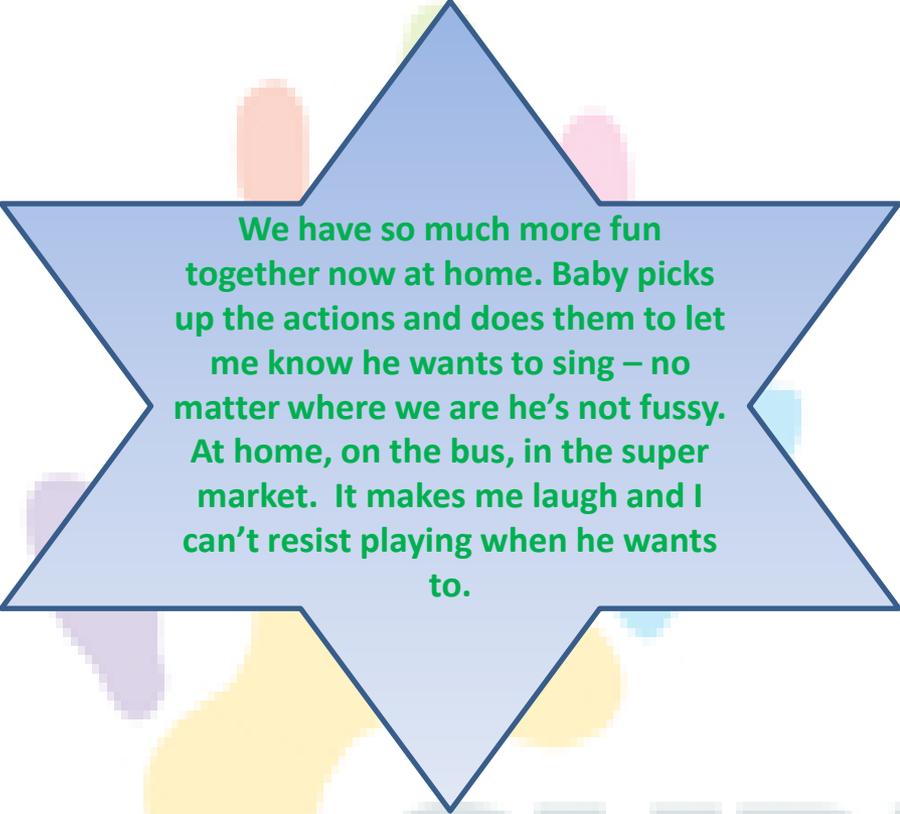


PEEP has been offering classes in Nungate Haddington this year, here are some of their responses

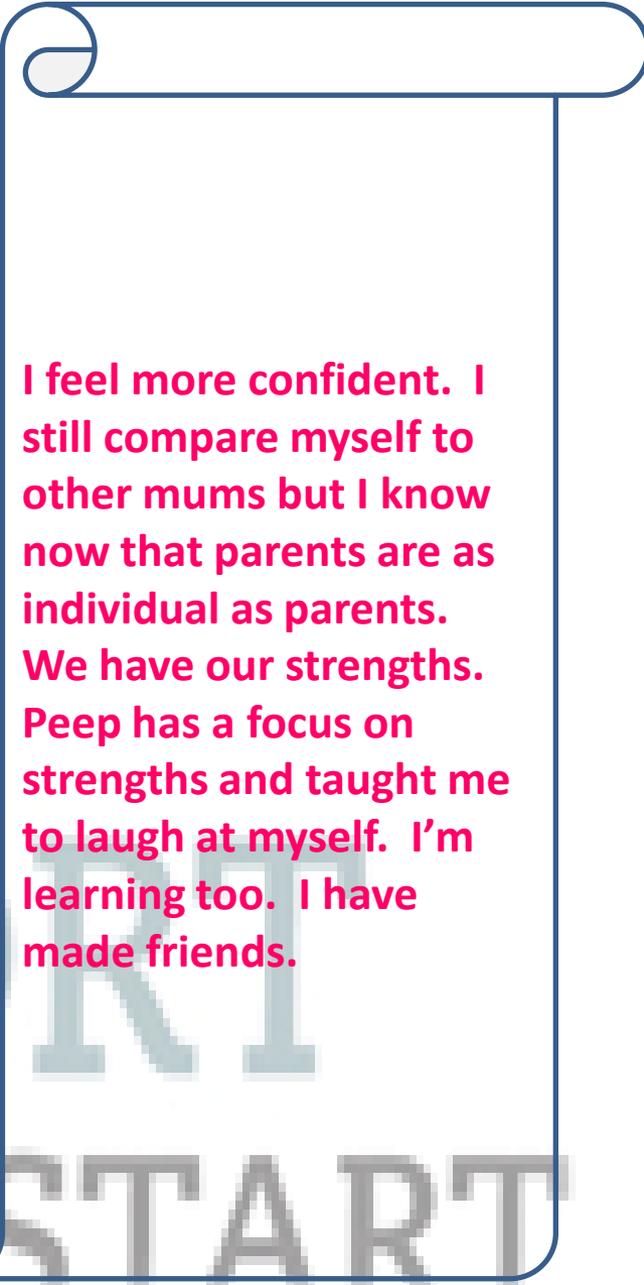
We have made friends who we meet up with outside of peep. We sing. I feel close to C when we play together

This class has increased my confidence at home with F. Why not sing!? I love his smiles when I do. And we have both made friends. Peep has become a highlight.

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We have so much more fun together now at home. Baby picks up the actions and does them to let me know he wants to sing – no matter where we are he's not fussy. At home, on the bus, in the super market. It makes me laugh and I can't resist playing when he wants to.



I feel more confident. I still compare myself to other mums but I know now that parents are as individual as parents. We have our strengths. Peep has a focus on strengths and taught me to laugh at myself. I'm learning too. I have made friends.



It's a chance to talk about every day things. Adult talk! I miss adults sometimes!

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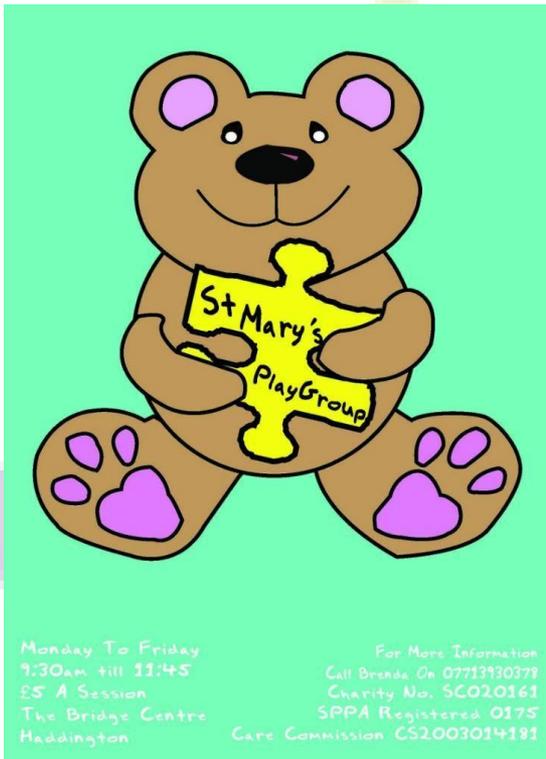


Baby Massage in Haddington

Funding from SFTS enables a baby massage instructor to provide an additional 2x 5week block of baby massage alongside 2x extra voluntary courses (if required). Each session is approx. 1.5 hours.

Many of the parents had never tried baby massage before, or knew very little about baby massage. However after attending the courses they were more confident, more knowledgeable and more likely to continue offering baby massage at home. All parents questioned would recommend baby massage to other new parents

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Monday To Friday
9:30am till 11:45
ES A Session
The Bridge Centre
Haddington

For More Information
Call Brenda On 07713930379
Charity No. SC020161
SPPA Registered 0175
Care Commission CS2003014181

SftS had given St Marys
Playgroup over £2,500 this year
to help fund 4 child
supported places

St Mary's Playgroup is often the first time that children will be left on their own. Their aim is to create an environment where children and parents have an opportunity to learn and play together. They strongly believe that children learn through play, and they always aim to encourage children to participate in all activities. Playgroup meets 4 days a week during school term time, and is based within the Haddington Bridge Centre. Our intention is to provide subsidised places to children and parents who currently are unable to access early years services due to financial constraints.

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because babies have so much to say!

If you only do one class with your child then make it Tiny Talk. You'll be empowering yourself and your baby to communicate and understand each other. My boy cries less because he understands simple signs like 'milk' and gets excited at the sign for 'bath' ... it's easy, fun and so worthwhile. A real lifelong skill, like learning to swim and ride your bike ♥ My 4 year old's interest in learning the signs and teaching others is testament to that! Give it a try, you have nothing to lose and Paula has biscuits :)”
Angela mum to Saul haddington

Baby signing is not currently on offer in East Lothian through any other source. Research has shown that being able to communicate is a fundamentally important part of human development.

Baby signing builds upon the natural use of gesture and other nonverbal signals by preverbal infants, greatly enhancing their communication repertoire.

Without spoken or sign language, children's communication is pretty much restricted to the immediate here and now, for example being able to point at what they want.

Once they can speak or sign they are able to tell us about their past experiences, future desires, thoughts and feelings.

While other classes offer singing and movement the added dimension of signing allows parent and their babies a method of communication at an earlier age. It may also give an ASN child a method of communication.

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I take my 15 week old Mairi to many activities in the week but Tiny Talk is by far our favourite.. We both learn and discover new things each time. Paula is a dedicated teacher in baby signing.

Mairi and I look forward to our continued signing journey with her. We highly recommend Paula and her Tiny Talk classes. X”

Lorraine mum to Mairi,
Haddington

Me and Sophie have not long joined the group and am already loving the class in Haddington and also Sophie is loving the class she is coming out her shell a bit more now”

Leona mum to Sophie,
Haddington



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In addition SftS Haddington cluster has helped provide funding for

RCWC
TRAINING

PEEP LEARNING

SAFE TO
SAY

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HAVE A
MERRY CHRISTMAS
AND A
HAPPY NEW YEAR



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