

SPELL

Support for Play & Early Learning in Lanarkshire

Please remember to let us know if you would like anything included in future Newsletters.

Play Activities

We would like to run a pilot Messy Play activity at 4 different groups during May and June. If you would be interested in booking one of these sessions or would like more information, please contact Wendy on 01698 768944.

First Aid Kits

First Aid kits should be checked regularly to ensure that they are fully stocked with correct and in-date contents. Click on the link to check what your first aid kit should contain.

[First Aid Contents](#)

SPELL run both Paediatric and Basic First Aid training courses and although there are no more courses between now and the summer break there will be some later on in the year. Please keep an eye on our website and check future newsletters for details.

Registers

It is important that all children are signed in and out of sessions for fire drills as well as for other safety reasons. SPELL provide all new groups with a free register and additional copies can be purchased for £3. Please ask your Support Worker if you would like to buy one.

NHS Infection Prevention and Control in Childcare Settings

SPELL often receive enquiries regarding infection within groups. The Care Inspectorate have issued the document below which includes topics such as hand hygiene, equipment cleanliness and exclusion criteria for illnesses and infections. The document can be found on our website or click on the link.

[NHS Infection Prevention and Control Doc.](#)

playtalkread

Play Talk Read's website offers a range of activities to try with your children. These can be from 30 things to try doing before you're 3, songs and books you can read together and ideas for parties. The website is full of useful tools. Click on their logo above to visit their website.

Play Scotland

Play Scotland have a great website with lots of information and ideas you could use for your groups. There is also a section specifically for Parents & Families with children under 5. Membership to join Play Scotland is FREE.

[Play Scotland Under 5s](#)

Moving on from Baby & Toddler Groups

If you are thinking about moving your little one on from a Baby & Toddler group to a Playgroup/Pre-school, please contact SPELL on 01698 768933 for a list of voluntary run Playgroups/Pre-Schools in your area.

Muddy Puddles Outdoor Toddler Group East Kilbride

At the end of last year, SPELL ran a couple of pilot Outdoor Toddler Groups called Little Hedgehogs. The pilots were a great success and we hope to be able to run more of these groups in the future.

For a long time SPELL have recognised the benefits of outdoor play and many of our playgroups utilise outdoor space during their sessions. SPELL would now like to promote the benefits to parents and carers. Outdoor space promotes the development of both gross and fine motor skills. It can stimulate mental health by giving children time to think, explore and learn. It can enhance their communication skills, imagination, confidence and perseverance. They learn that there is not always a right or wrong way of doing things and given the time, space and support they can achieve. Being outside is good for children's health too - the immune system benefits from being outside and physical activity reduces the chance of obesity and can also mean better sleep (something that none of us would complain about!)

As a result of the success of Little Hedgehogs and the Growing Up Wild conference, the Outdoor Toddler Group Muddy Puddles in East Kilbride was formed. The parents and carers that run the group have not had formal 'outdoor' training - they just understand how important it is to get children outside. Remember you don't need a qualification in outdoor play to take your children outside and have fun - anyone can do it! Christine who ran Little Hedgehogs remains on hand and often visits Muddy Puddles to see if they need any advice or support. So far the group have had scavenger hunts, picnics in the woods and made rainbows by splashing rocks into the river and much much more. If you are interested in attending Muddy Puddles the Group meet at Elliswood, Calderwood at 10am on Thursdays.



Family Man Fun Day 2017

This year The Family Man Fun Day is on Saturday 17th June from 12pm to 4pm at Hamilton Racecourse.

This is the Family Man Fun Day's 10th year and SPELL will be hosting a Little Hedgehogs Outdoor activity. Please come along and join us for some Outdoor Fun! Check out the Family Man Fun Day Facebook Page by clicking [here](#)

Bookbug Week

Bookbug Week will take place between 15th and 21st May and will celebrate Bookbug's Big Giggle. The theme is fun and playful and hopes to inspire children and adults to feel good by sharing songs and rhymes. Events will be taking place in local libraries and community venues. For further information click [here](#)



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