



Title: Being a parent: The importance of play/The Baby Box

Level: FOURTH

Code: 4.7.3

Links to Curriculum for Excellence

Experiences and outcomes	Benchmarks
I can explain the importance and the enduring and complex responsibility of being a parent/carer, and the impact on life choices and options. HWB 4-51a Through investigation I can explain the support available for parents and carers looking after babies and bringing up children. HWB 4-51b	Explains how to access support for parents and carers.

About this activity

The session continues to focus on how important parents/carers are to the wellbeing and development of the child. This session is about playing and finding out about a special gift that all families with new babies get called the Babybox. There is also some signposting to online information and support for parents and carers.

Resources to support this activity

- Slides
- This is me: The Child’s Right to Play short film <http://ipaworld.org/ipa-video-this-is-me-the-childs-right-to-play/>
- Information/The baby box: <https://www.parentclub.scot/baby-box#>
- Baby box short film <https://www.youtube.com/watch?v=ZPONTczcPTs&feature=youtu.be>

Activity

1. Remind the class/group of the work over the past 2 sessions – and the continuing emphasis on parenting and the role that young men and women play in that. Explain that with the sessions being on how important parents/carers are to the wellbeing and development of the child this session is about playing and finding out about a special gift that all families with new babies get called the Babybox.
2. Play. Share the slide about Article 31.

Article 31 of the United Nations Convention on the Rights of the Child says that all children and young people have a right to relax and play.

3. Ask the class/group: *Why do you think play is important for children? What do you remember playing as a child? Do you still play? What's changed? Who taught you games and activities?*
4. After some discussion watch the film **This is me: The Child's Right to Play** <http://ipaworld.org/ipa-video-this-is-me-the-childs-right-to-play/> (duration 3 minutes 9 seconds) Scroll down to the English Language version – this is a short film produced by the International Play Association that stresses why play is so important that it is a child's right. Encourage any feedback/questions.
5. Acknowledge that if a child has a right to play then their parents and carers are going to be important to make sure this happens for them. Ask the young people to work in pairs or 3s and think about: *What 5 things can a parent/carer do to make sure their child plays?* Get some feedback. Explore whether the suggestions are for babies or small children. Remind the young people that they also have the right to play – what could or should a parent or carer do to support them?
6. **The Baby Box:** <https://www.parentclub.scot/baby-box#> Introduce the class/group to the baby box. The images on the Parent Club web page provide all that you will need including the short film. Explain that every baby born in Scotland gets a baby box. It provides a lot of things a new born baby needs, including becoming a place where the baby can sleep safely up to 6 months old. Watch the short film (if you don't see it on the web pages also available here <https://www.youtube.com/watch?v=ZPONTczcPTs&feature=youtu.be>) that shows the box and its contents. Then scroll down and check out the questions that are posed, ask the group if they have any questions and find the responses by clicking through. (A poem has been written by the Makar Jackie Kay and put in every Baby Box – you could read it to the class).
7. **A visit from a Health Visitor or midwife.** While the film and web pages provide the information you need it would be good to invite a local health visitor or midwife to come and speak to the class, bringing a baby box with them to show its contents and talk about its use. S/he might also then be able to talk about his/her work and about what babies and parents need. Making time for this might reduce time available for the final task below, if so these can be provided as a hand-out.
8. **Finding information, help and support if you are a parent.** For this last task clarify that one thing we have all learned over these sessions is that being a parent and carer is an important and challenging role. This means that it's good to know where information and support is available. One place to look is online. Ask the class/group to work in pairs and give them access to a iPad/tablet/PC or allow young people to use their phones. Ask them to go online and explore one (or more) of these sites. Explain their task is to find out then feedback/comment on:
 - What the site offers parents/carers.
 - What do they find most interesting about the site.
 - Whether they think it is helpful for parents/carers and why so/why not.After some time get some feedback about the different sites.

Parent Club <https://www.parentclub.scot/>

Play Talk Read: <http://playtalkread.scot/>

Communicating with Teens: https://www.relate.org.uk/relationship-help/help-family-life-and-parenting/parenting-teenagers/communicating-teens?gclid=EAIaIQobChMIw5nxveHO3AIVSbftCh2nHA7aEAMYAiAAEgK0jFD_BwE

Parent Line Scotland <https://www.children1st.org.uk/help-for-families/parentline-scotland/>
Parentzone <https://education.gov.scot/parentzone>
Young Scot Young Parents <https://young.scot/ping>

Additional ideas

- As the session emphasises the importance and role of play – and if you have the time – why not set up a play session in the hall or playground? Skipping ropes, some traditional street games, ask colleagues in the Sports/PE department to support you, ask a local teacher training college if they have students who would like to come facilitate a street games session. And use the session to remind young people about the value and importance of play.
- A poster about Article 31 is available (produced by the International Play Association) should you want to explore this further or use as a handout.

Connecting with home

Information is provided with activity 4.7.1

Further learning activities are available that connect to this RSHP curriculum content

- 4.7.1 Being a parent: Would having a baby change my life? What do parents need?
- 4.7.2 Being a parent: Connecting with and nurturing your child

Practitioner Notes