

Starcatchers' #WeeInspirations

Have some fun, save your sanity

THE STORY OF YOU

THE BASIC IDEA

"Once upon a time there was a little girl called..."
Tell your child about themselves, focussing on their successes: how they tried and tried until they learned to roll over, how they used to pull themselves up on the side of their cot to build their muscles, etc.

OVER TO YOU, WEE ONE

Link these stories to what your wee one is currently interested in, whether that's crawling, scribbling or running - they don't need to 'sit nicely' to listen, they'll still be taking it all in. Don't be surprised if they keep asking to hear the same stories again and again.

CHEEKY BONUSES

- helps develop positive sense of self
- reminds YOU how far you've come and how great your wee one is

VARIATIONS

- Have fun together exploring all the physical stages of rolling, crawling, pulling up
- Looking at photos together can be a great way of helping you build that positive narrative and make the story more 'real'

AND REMEMBER...

All children go through stages of needing "babied" again - it's totally normal, especially in stressful times. Taking five minutes to cuddle and tell them how great they are will make all the difference.



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