

# SPIKE!

## Starcatchers' #WeeInspirations

No-fuss creative ideas to engage little ones at home

## THE STORY OF US

### THE BASIC IDEA

"I remember the very first day we met..." Wee ones love hearing stories about themselves, so tell them what you remember about them being younger: first cuddles, first laughs together, the first time you realised how much you love them.

### OVER TO YOU, WEE ONE

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

### CHEEKY BONUSES

- Helps develop a positive sense of self
- Reminds you how far you've come and how great your wee one is
- It's a great way to feel grounded if you're going through change as a family

### VARIATIONS

- Grandparents, aunts, uncles, and other adults who know them and love them will have their own memories - ask them to share their "story of us" with your wee one too
- Looking at photos together can be a great way of helping you build that positive narrative and make the stories more "real"

### AND REMEMBER...

All children go through stages of needing "babied" again - it's totally normal, especially in stressful times, or if they're learning something new. Take the opportunity to share the memories you have of them and how much you love them.