

October 2022

Children 1st  
Smiley face logo

Bairns Hoose

## East Renfrewshire - family fun day

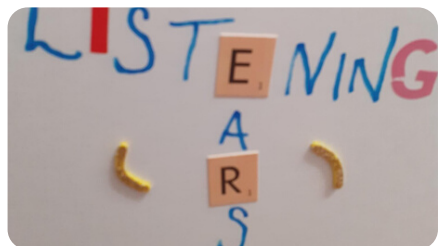
### What have we been up to?

12 children and young people, and 2 Mum's got involved in our creative workshop at the East Renfrewshire Family Fun Day. The children and young people had fun getting creative and sharing lots of ideas about what the Bairns Hoose might look and feel like. This session focused on 'right place and space'.

### Right place and space



The children and young people shared their ideas of what the Bairns Hoose might look and feel like. Two Mum's shared their ideas from their perspective as parents. Conversations about feeling comfortable within the space were threaded through the session. The children and young people touched on the need for comfort items and the medical room should feel as comfortable and as child friendly as possible.



## Key Themes

### Colour

Colour was spoken about throughout the session, with many reflections about how different colours can bring out different feelings. The most significant colour that was talked about was blue. Children and young people shared that blue helps them feel calm, safe and comfortable. It was said that blue reminds them of the sky which they find calming. Yellow, purple and green were also other colours which the children and young people particularly liked.

### Adaptable space

Throughout the session there was lots of discussion about the importance of making the space adaptable for each family that is supported through the Bairns Hoose. One Mum reflected that some children, including her own, love arts and crafts which can help reduce stress and anxiety. She suggested having a space which can be adapted for art would be really helpful for lots of children. She then reflected that other children might find arts and crafts stressful, so she felt having conversations with the family beforehand would help the workers adapt the space to suit each child. She felt this would be a thoughtful touch. She reflected that one of her children has a neurodivergent condition, so they find certain sounds upsetting, such as pencils and paint, so she explained the space might look a little different to suit their specific needs.

There was also much discussion around the importance of food. It was said that everyone likes different food and snacks, so having a variety to choose from would be nice for families. The children and young people also shared the importance of having a variety of comfort items, such as toys (cuddly cats were particular favourites), and headphones. It was shared that children can feel quite overwhelmed so having headphones might help them escape to their own safe space in their minds and have quiet moments.



## Self-expression

Children and young people expressed the importance of having access to materials and space where they could creatively express themselves. Our youngest participant shared how much she liked to express herself, she explained that she liked the freedom to draw on large surface areas. She expressed how much she enjoyed doing it as it felt 'really nice'. We understood that having the freedom to draw and paint at a pace that felt right for each child was important. Some took breaks, where others focused on what they were working on for a prolonged period of time. One young person shared that focusing on her artwork helped her feel calm and took her into her own world, which helped her feel safe. She explained that she likes to express her feelings creatively and in a 'big way'. She felt it would be important to have space in the Bairns Hoose to paint and draw. It was suggested that having large spaces to draw would be really helpful for children and young people, so a large chalk board, or large pieces of card would work best. This might sit alongside colouring books but there would be different options available. The two Mum's also shared the importance of having different forms of creative methods would be nice, as it can help children feel calmer.

