

April 2022

Children 1st
smiley face logo

Bairns Hoose



Aberdeen - family session

What have we been up to?

Bairns Hoose Participation Lead paid a visit to one of our Children 1st hubs in Aberdeen on Saturday 2nd April 2022. The session was facilitated within a family drop-in session. Bacon butties, chitchat, and lots of football was involved. Meg had fantastic conversations with 6 parents/ family members who were all particularly interested in the the right place and space activity.

The right place and space

The families enjoyed discussing the house and what they visualised would work well for children, young people & families.



"The house should smell really nice, as it can help change your mood. So nice flowers or fresh laundry can be calming. It's all about the senses."

Mum

Choice

Choice was a key theme that emerged throughout the session. The families felt it is important to have things to choose from, such as which toys to play with, what to sit on, which lights to switch on. They shared every child and young person is different so having choices would be important to make it fit the individual's wants and needs for that day.

The senses

The Senses were discussed in much detail. Families felt the experience of the house should reflect our senses.

Touch: soft, comfortable textures such as cushions, blankets, and rugs.

Sight: Soft colours, with pops of colour, with artwork which represents nature, soft lighting throughout and views to the garden.

Smell: Calming smells such as fresh flowers and wax melts.

Taste: Drinks and snacks available whenever families want.

Hearing: Option to play music, water fountain & sound proofing throughout.

