



'It is during our very earliest years and even pre-birth that a large part of the pattern for our future adult life is set.'

Early Years Framework
Scottish Government, 2008

Through using Scotland's *Pre-Birth to Three National Guidance*, staff will continue to recognise the importance of pregnancy and the first years of life in influencing children's development and future outcomes.

Research has shown that even before birth, babies are beginning to learn and are sensitive to the outside environment. From mid-pregnancy they are listening to sounds from the outside world and learn to recognise voices, sounds and music whilst in the womb.

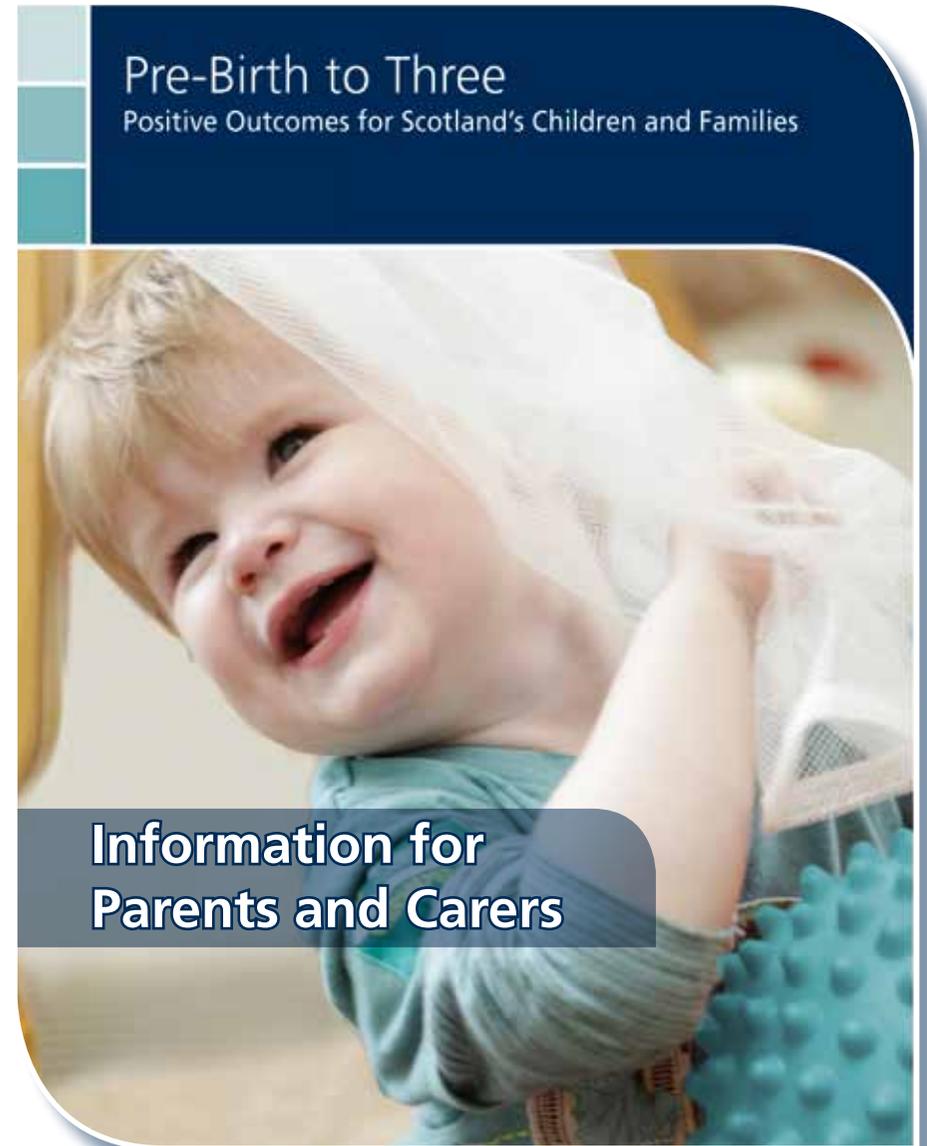
Find out more . . .

If you would like to read the full guidance and watch the related DVD, ask the staff at your child's nursery, or find it all online at: www.LTScotland.org.uk/earlyyears/prebirthtothree where you will also find film clips for parents.

If you need to talk to someone about caring for your child, or need help, don't hesitate to contact your Health Visitor, GP or nursery. They will all be happy to give you the support you need.

Further information for parents of children under three years can be found at:

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| Play Talk Read | www.playtalkread.org/ |
| Ready Steady Baby! | www.readysteadybaby.org.uk/ |
| Ready Steady Toddler! | www.readysteadytoddler.org.uk/ |
| Scottish Book Trust | www.scottishbooktrust.com/babies-early-years/parents |
| Parenting Information | www.parentingacrossscotland.org |



www.educationscotland.gov.uk

This leaflet is to inform parents and carers about the national guidance entitled:

Pre-Birth to Three: Positive Outcomes for Scotland's Children and Families

The national guidance and multimedia resource has been designed to support all staff working with young children. It also recognises and values the importance of parents as they understand their child better than anyone else.

Parents and carers have the biggest influence on a child's development, particularly in the early years. Staff and parents sharing information with each other is key to providing the best possible start for children.

This new guidance highlights four Key Principles (Rights of the Child, Relationships, Responsive Care and Respect) to ensure children have the best start.



Rights of the Child

Children begin to find out about their rights from a very early age often through relationships and the way others treat them.

How can you help your child?

- Children need to play and have a right to play. Even from birth, making time to play with your child means that they learn about their world, about people and about themselves
- Listen to your child's views and preferences and involve them in making decisions
- Think about how your actions will impact on your child

Relationships

Even before your baby is born they have formed a relationship with you. Good relationships are essential to your baby's health and wellbeing.

How can you help your child?

- Know that bonding begins before birth because your baby is already able to hear your voice and they find it reassuring and comforting
- Give your child lots of smiles, hugs, reassurance and love
- Although your baby might not seem to understand what you are saying, they may giggle and make noises so take time to chat to them

Responsive Care

When parents are responsive and affectionate, babies start to feel secure within themselves.

How can you help your child?

- Enjoy your child's company and show them that they are special
- Pay close attention to your child, so that you can be in tune with what they are telling you, for example through their facial expressions
- By being responsive when your child cries, you are letting them know that they are loved and cared for and that will make them feel secure

Respect

Children gain confidence and feel respected when they can see that their opinions shape and inform decisions that affect them.

How can you help your child?

- Treat your child with respect and this will encourage them to have respect for others
- Children need to feel appreciated so let them know when you are happy about something they have done
- Try to give your child clear boundaries as they grow and develop to help them learn about self control and how their actions may affect others

