

Autumn 2022



# Children's Health Scotland



Did you  
join us for our

**Third  
Annual  
Scottish  
Children's  
Health  
Week?**



**Seven Scottish  
Children's Health Award  
Winners Revealed!**





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# GETTING IT RIGHT FOR EVERY CHILD

**F**ollowing recent consultation and engagement with stakeholders, the Scottish Government has now published refreshed Getting it right for every child (GIRFEC) practice guidance materials on their website.

GIRFEC is the Scottish Government's commitment to provide all children, young people, and their families with the right support at the right time - so that every child and young person in Scotland can reach their full potential. The guidance provides an overview of the policy and legislative context for GIRFEC, including opportunities brought about by:

1. The commitment to the proposed incorporation of the United Nations Convention on the Rights of the Child (UNCRC);
2. Publication of The Promise and the Plan 21-24.
3. Continued commitment to eradicate child poverty.

The document gives an outline of the core components of the policy, including refreshed values and principles, and ambitions for what more can be done in practice. It seeks to reassure leaders, managers, and practitioners about how GIRFEC should be delivered within the current legislative and policy framework of rights,



information sharing, and delivery of supports and services to children, young people and their families.

<https://www.gov.scot/publications/getting-right-child-girfec-policy-statement/>

## ANNUAL GENERAL MEETING OF CHILDREN'S HEALTH SCOTLAND

**T**he 2022 Annual General Meeting (AGM) of Children's Health Scotland will take place on **Saturday 15 October 2022 at 11am**. This will be a Hybrid meeting that will take place at our Head Office, 22 Laurie Street, Edinburgh, EH6 7AB and via Zoom.

The activities and finance of Children's Health Scotland from April 2021 to March 2022 will be discussed at the AGM, together with some of our key achievements over the past year.

If you would like to attend our AGM in person or via Zoom, please email [events@childrenshealthscotland.org](mailto:events@childrenshealthscotland.org).







# ★RCPCH Conference 2022

28-30 June, ACC Liverpool

## SIX POWERFUL AND IMPORTANT QUESTIONS FOR EVERY CHILDREN'S HEALTH PROFESSIONAL



**We** were absolutely delighted to be invited to attend The Royal College of Paediatrics and Child Health (RCPCH) Annual Conference in Liverpool in June, in partnership with Bruce Adamson, The Children and Young People's Commissioner Scotland (CYPCS).

Young person, Eve McLaren, who has taken part in our Self-Management Service (SMS) Programmes, SMS:F2F and SMS:CONNECT, travelled down to Liverpool with Children's Health and Wellbeing Services Coordinator, Beth Davidson. Eve tells us all about her experience at the conference on the next page.





Hi, my name is Eve McLaren. I was asked by the Children and Young People's Commissioner for Scotland to travel to Liverpool to the RCPCH conference. This is a conference for professionals who specialise in looking after children. Paediatricians, children's nurses, and psychiatrists were at the conference, as well as over 500 people watching online.



The Children and Young People's Commissioner Scotland was there, along with the Commissioners for England, Northern Ireland and Wales who spoke online. They also had children who spoke about children's rights and other health issues.

I attended the conference with Beth from SMS:CONNECT and my mum, and we travelled to Liverpool together and had an amazing time. I spoke in front of an audience of over 500 people about autism, something that is very important to me because I am autistic. I told the audience that I have known I have had autism since I was 13, as well as social anxiety. I explained how important my dogs are to me and that they are my emotional support dogs as well as my agility dogs and my dream is to go to Crufts one day or paragility.

**I then asked the audience of medical professional's six questions:**

1. On average, as an autistic person, I will live 16 years less than a non-autistic person and 30 years if I had a learning disability, like my brother. What can you do to make sure we live longer?
2. 70% of people with autism have mental health conditions or anxiety. 66% of adults with autism have considered suicide. What are you doing to help reduce these statistics and support people with autism with their mental health?
3. Only 23% of people with autism are in employment. I hope to be one of those 23%. Surely something needs to be done to help people with autism have the same rights as non-autistic people?
4. Why do we not have autism nurses to support people like myself in the NHS? What will you do to ensure that I am supported with my autism when accessing your services?
5. 42% of people with autism feel they are not listened to or taken seriously by their healthcare practitioner, and many professionals have inadequate knowledge of autism. How will you ensure that healthcare professionals are given the adequate knowledge



and skills to give each autistic person the care they deserve?

6. 69% of people with autism have been bullied, this is just the ones we know about. How can we make schools and workplaces more tolerant and ensure they understand the importance of accepting every person with a disability?

I was scared but felt this is something very important to me and I hope to continue making people more aware and accepting of all disabilities, including autism.

I recently helped make an autism film, called "Autism: My Superpower and Me" in the Scottish Borders in the hope to help other children understand autism and for children with Autism to understand it is part of you and you are amazing.

Eve McLaren, aged 16

**I hope to help other children understand autism and for children with autism to understand it is part of you and you are amazing.**







# LISTENING AND RESPONDING TO THE WORRIES OF CHILDREN ABOUT WAR



**A**s much as we want to protect our children from news, to prolong the innocence and optimism of youth, there's no bubble that can withstand 24-hour news reports, social media notifications and playground chatter. Of course, we can't control everything they hear but in the absence of the truth they might piece snippets together and create their own narrative.

Therefore, it is important to keep asking our children what they are hearing, their worries and how they are feeling whilst listening to their responses. Try to validate feelings and remember that none of us like to be told to calm down or to stop worrying. We are talking about the feelings of children which are very real so being allowed to express them helps

them to feel understood. With the situation in Ukraine, and the possibility of a major European War and even the threat of Nuclear War, children are asking questions such as:

- **Will the war come here?**
- **Why aren't people doing more?**
- **What will happen to us?**
- **How will we stay safe?**

Quite frankly these are questions that most adults will struggle to answer, as we simply do not know, yet it is important to acknowledge them and provide a safe space for children to ask them and share fears.





The very first and most important thing we can do to help our children and young people is to let them see that we are not overwhelmed by worry and anxiety about the situation and that we are in control of ourselves at least. It is like putting on our own oxygen mask in an emergency so that we are then able to help others. Remember your children will take their cue from you. Are you modelling a calm and measured attitude? Open conversations will help to deal with exaggerations and hysteria that may develop and remember that children are like little sponges who absorb the mood of the room or whispered conversations. They will mirror how you are feeling so it is important to embrace active listening which involves giving children our full attention and repeating back what they have said to ensure we understand their point of view. How we respond will obviously depend on their age and emotional maturity but always try to be honest and reassuring at the appropriate level.

## Some **dos** and **don'ts**

- **Don't lecture them** – find out where they are in their thinking and understanding of the situation. This will of course vary for different ages and stages.
- **No news is not good news!** Don't take silence to mean there are no worries. Check in with them and invite them to share what they are thinking and worrying about with you.
- **They might be shielding/protecting you if they sense you are worried.** So, sit down together and share things. Be honest with them but in a measured and controlled way.
- **Accept that you won't have all the answers** but get informed together with your children. (BBC Newsround is really good for this.)
- **Let them know that they are not alone**, and it is OK to have these worrying feelings. There is a really good video from Newsround – If you are upset by the news – that is worth watching. It focuses on talking and sharing worries with a trusted adult.
- Last thing before you go to sleep, **think of 3 things which make you feel happy** or 3 good things which have happened in the day. For example, the car started first thing, a friend sent you a birthday card, you had a lovely lunch with a friend.

# SUPPORTING YOUR HEALTH AND WELLBEING

**T**here are some good resources which can help support your health and wellbeing and which are well worth investigating. Why not do it alongside your young person and put them in the driving seat. (See references at the end.)

**FIVE WAYS TO WELLBEING:** You will have heard of your 5 a day; well this is something similar you can do for your mental health and wellbeing, especially in relation to the Ukraine situation. You could also turn it into an activity to do with your children. Think of an activity you can do for each of the 5 ways.

**CONNECT:** Talk to your friends and family or reach out to someone you don't know very well in your class or maybe a refugee from the war.

**GIVE:** Give your time to help in your local community, a charity, your church, or your school. You can give money you have raised to support Ukraine or clothes and supplies. (For more ideas, see the references section.)

**TAKE NOTICE:** Try to notice what is going on in your local community or school. How are other people feeling? Can you give them a smile?

**KEEP LEARNING:** Use BBC Newsround or other outlets to keep yourself informed and up to speed on what is going on. Not too much though and beware fake news!

**BE ACTIVE:** Run, cycle, or bake to raise money for Ukraine or for a charity that supports the health and wellbeing of children and young people. We would welcome your support. <https://www.childrenshealthscotland.org/how-you-can-help/fundraise-or-donate/>





# Lions and tigers and bears, oh my!

## Having a blast at 'Dreamnight at the Zoo' at Blair Drummond Safari Park

**A** huge shout out and many thanks to Blair Drummond Safari Park in Stirling, who very kindly provided us with free tickets to share with the children and families we support for their very magical 'Dreamnight at the Zoo'. It was a fantastic evening of fun, laughter and adventure which was hugely enjoyed by us all.

One child who came along with us to the event told us all about the fun they enjoyed.

*"I can't thank you enough for the invite to Blair Drummond – I don't have any favourites because I loved it all and loved the animals. It's a fantastic park and my family and I enjoyed every moment and making memories together. I also loved meeting Beth in person."*

Driving through the animal reserves on the ultimate safari adventure showed us rhinos, lions, monkeys, camels, and deer up close! One young person in our group said:

*"I really enjoyed driving through the monkey's exhibit in the safari, they were my favourite because they were all doing different, interesting, and adorable things (especially when they were hugging each other or visiting the cars!)"*







We also enjoyed a Q&A at the penguin pool, watching the sealions dip and dive in the water and seeing the tiger's stripes up close! We know our guests really enjoyed the sealions as one of them told us:

*"Dreamnight was the best! I loved seeing the lions and the sea lion show. I like the lions because of the Lion King and I like the sea lion waving and doing tricks. I got a free toy and ice-cream and went on lots of rides – it was amazing!"*

There was even a prehistoric forest filled with dinosaurs! Bear loved meeting everyone – but wasn't so sure about the dinosaur!

Commenting on the experience, Beth Davidson, the Coordinator within our Children's Health and Wellbeing Services said: *"Of course I took our mascot Bear along to the event and we loved every minute of the evening! It was a delight to finally meet with some of the families that we have worked so closely with over the last few years. Everyone had a huge smile on their faces, and we all had such a fun time! It really was a very happy evening – thank you!"*

There were dodgems, rides, slides,

and of course, yummy treats! At the end of our adventure, we were thanked by all those who had come along with us, with one child letting us know that: *"We've had so much fun at Blair Drummond Safari Park. I have loved seeing all the animals and got some great photos. I also liked the dodgems, park, and slide. My mum and dad also let me eat cake, chips and ice-cream!"*

Across June each year, the most magical event takes place across the world, known as 'Dreamnight at the Zoo'. Set up in 1996 by zookeeper Peter van der Wulp, he wanted to create a free night of fun and magic for families with a child with cancer. Fast forward to 2022, and 'Dreamnight at the Zoo' has become an annual worldwide event where over 200 zoos and aquariums across the world, open their doors after hours for children and their families who are chronically ill and disabled, or helping and supported by charities.

A couple of months later, on Tuesday the 2nd of August, our Care Experienced Children and Young People's Service went to a big day out to Blair Drummond Safari

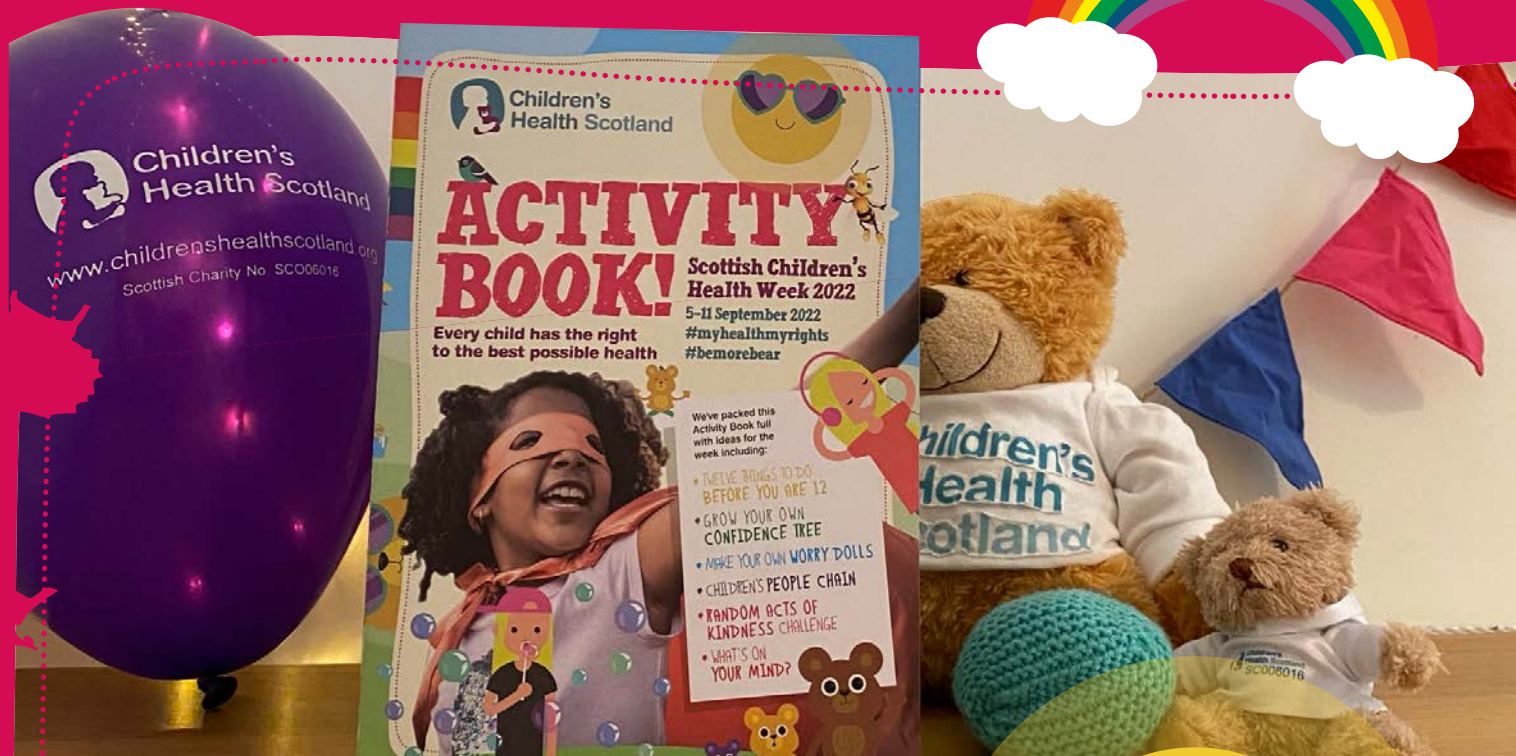
Park with Kinship Carers arranged by Clackmannanshire Social Work Department. Although it was a dark windy morning, the sun soon came out when we arrived, and it turned out to be a beautiful day.

In total 112 Kinship Carers and their children and young people attended. Overall, a great day was had by all – there was something for everyone at Blair Drummond. When we were on the coach going through the park the lions put on a show at their feeding time and there was lots of excitement as they had a couple of play fights. Other highlights of the day included face painting, the dinosaurs at the Jurassic Park section, the sea lion show and our bubbles and Activity books went down a treat.

Our Care Experienced Service supports Kinship Carers through our range of workshops, taster sessions and one to one support on health-related matters, to find out more, visit our website at [www.childrenshealthscotland.org](http://www.childrenshealthscotland.org).

A massive thank you to the whole Blair Drummond team for a truly fantastic time!





# SCOTTISH CHILDREN'S HEALTH WEEK 2022

5 - 11 September 2022

**We** are sending out a huge thank you to all those who took part in our third annual Scottish Children's Health Week. The week was created to firmly focus on the health and wellbeing of children and young people in Scotland and their right to the best possible health and 2022 was another hugely successful year.

An Activity Book for the week was published and was available to download online which was packed full of activities for each day of the week, including

some extra colouring-in fun and guidance on children's rights, health, and wellbeing.

We would like to thank everyone at PLAY Scotland, Hands On, Relax Kids, ENABLE Scotland, Kinship Care Advice Service for Scotland, Curiosity Collective, and See Me for helping us to create the week which was without doubt a huge success. Each of the partner charities provided us with an activity for our book, which you can download here.

Commenting on SCHW 2022, Helen Forrest, Chief Executive of Children's Health Scotland said: *"This was our third Scottish Children's Health Week, and we are all proud that it continued to be as exciting and inspiring as the previous two. I would like to say a huge thank you to all our partners who helped us to create such a fun packed week with fantastic ideas to support the health and wellbeing of children and young people."*

Thank  
you



The services that Children's Health Scotland provides for children and young people with health conditions had some great events and activities lined up for every day of the week. We were delighted that so many children and young people and their families and carers joined us during the event.

In addition to the Activity Book and events, a social media campaign was also developed using two hashtags; #MyHealthMyRights and #BeMoreBear.

#MyHealthMyRights emphasises the fact that this week exists to spotlight that every child has the right to the best possible health. We resonated so much with this hashtag that we used it as the theme for the My Health, My Rights Conference (which you can read more about on pages 30-33). #BeMoreBear, so that everyone could follow our daily posts as the week progressed. Each day of the week was themed and each day we posted activities and videos from our friends and partners. On Friday, we were extra excited to reveal the winners of the Scottish Children's Health Award 2022 at our Conference and these winners are showcased on pages 15-29.

The following pages capture a little essence of the fun filled week and we are already planning for 2023. So, remember to save the date – 4 -10 September 2023.



## #BEACTIVE MONDAY

#BEACTIVE Monday kicked off the start of Scottish Children's Health Week and we partnered with our friends at PLAY Scotland for this day. PLAY Scotland is the lead organisation for the development and promotion of children and young people's play in Scotland. They provided us with "12 Things To Do Before You Are Twelve", which encourages children to do 12 different activities.

The Activity Book motivated us all to blow giant bubbles, create a scavenger hunt with all the colours of the rainbow, and go outdoors to actively help nature by making a bee hotel.

- After all, being active isn't just about feeling stronger, fitter, and more energetic. It's also about having lots of fun and looking after ourselves and others.

A #BEACTIVE idea that we promoted during the day was encouraging children and young people to actively learn about



their rights. To demonstrate the importance of play, our Children and Young People's Health Rights Service created

a video which demonstrates the power of PLAY. It contains excerpts of the EACH Charter combined with photos from the health-related play workshops which we deliver to children, young people, families and health professionals throughout the year. The video also tells you how PLAY helps children and young people to learn about their healthcare rights, to feel involved, informed, respected and cared for. We also included photos of children and young people using the 2022 activity book to learn about their rights, be active, and have fun!

THANK YOU



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## #BEBRAVE TUESDAY

Being brave doesn't always feel brave. It can feel like having a funny tummy, feeling hot or having lots of thoughts and questions running through your head. However, if you stretch yourself and do something that makes you feel uncomfortable you can feel proud and happy, and it can increase your confidence. We came up with three #BeBrave Tuesday ideas for you to try which included drawing a brave character and getting inspired to be brave. Another brave thing we encouraged was asking for help, which can be very difficult, but it is always worthwhile.

Our Children and Young People's Health and Wellbeing Service created a blog post for #BeBrave Tuesday which was all about the adventures of Super-Bear on a mission to help children and young people feel braver and more confident.



This included visiting the SMS:HUB and showing children and young people how to power pose.

Perhaps one of the bravest things you can do, if you are struggling with a health condition, is to find the strength to keep pushing forward. We worked closely with Hands On for #BeBrave Tuesday, who provided us with an activity where you grow your own Confidence Tree. This activity involves drawing and colouring in your own tree and using it to focus on things that you are already confident in and ways to improve your confidence in future. It's a really nice way to reflect how far you've come and how much you want to grow in the future. It's sure to leave you feeling strong and brave.

**THANK YOU**



## #BECALM WEDNESDAY

Sometimes we can all struggle to regulate emotions. Tantrums, outbursts, whining, defiance, fighting are all behaviours that can be seen when children experience powerful feelings that cannot quite be controlled. On #BeCalm Wednesday, our Activity Book promoted three positive wellbeing Wednesday activities to try: Star Breathing, Learning from Ruby's Worry, and Creating a Night-time Routine - all of which focused on emotional health and wellbeing.



Relax Kids, an organisation that helps children become more resilient, were our partner for #BeCalm Wednesday. They provided us with an activity where you create your own Worry Doll, a special doll which you can place under your pillow when you sleep to remove your worries. They are lots of fun to make! We uploaded a video to our website and social media of Bear and Beth making a worry doll so that you at home could follow along and make your own. As well as this, we also shared the #StoryWithRory from earlier this year of Ruby's Worry, to make sure everyone had a chance to learn from this inspiring story. We hope this day left you feeling peaceful and refreshed.

**THANK YOU** relax Kids





# #BEHAPPY THURSDAY

Our Activity Book promoted three happiness ideas to try on #BeHappy Thursday which were: thinking of a song that makes you feel happy, making a favourite snack, and going to a happy place. Happiness really is a skill that we can all learn that will last for a lifetime. Being happy is not just about feeling good, but also about emotional health and wellbeing and being able to make the most of the good times to cope with the bad ones. Our partners for the day were ENABLE Scotland, who generously provided us with two super fun ideas for happy activities. One was full body rock paper scissors, which is like the normal game, but you have to quickly make your body into the shapes you need. The second game involved making and decorating your own props so that you can take funny selfies which is sure to make you smile loads.

The importance of nutritious food to children and young people's health and happiness is well known. That's why we weren't surprised when we visited



Glebelands Primary School to discuss children's health rights with Ilinka, Euan and Reuben, who focussed on every child's access to food. Michelle Wilson discussed equal access to food with the three young people, who created an amazing poster with their ideas. Look at the very crafty button fruits!

**SMS:CONNECT** We are so happy with our newly created SMS:CONNECT trailer that we wanted to share it again today. We are very proud of the service we provide and prouder still of the recognition that SMS has received through awards. If you would like to join SMS, please complete the referral form here: [www.childrenshealthscotland.org/self-management-service-interest-referral-forms/](http://www.childrenshealthscotland.org/self-management-service-interest-referral-forms/)

THANK YOU



# #BEFRIENDLY FRIDAY

Friends make our lives better. They help us to laugh, stand by us when we are down and make our lives healthier. That's why we held our My Health, My Rights Conference on #BeFriendly Friday. We were joined by 200 friendly people who were all eager to share ideas, research, experiences, and good practice in relation to the health and wellbeing of children and young people and their right to the best possible health. Presented by Scottish Journalist and presenter Catriona Shearer, the conference featured special guests Dr Suzanne Zeedyk and Dr William Bird. There were workshops, exhibitors, debates, an awards ceremony, and so much more!

For #BeFriendly Friday, our Activity Book suggested three fabulous ideas to try: finding as many little ways as possible to be friendly, planning a trip with



friends, and making sure your friends know how much you care. KCASS partnered with us to create a people chain, a simple but fun craft activity involving folding a cutting paper so that it looks like lots of people holding hands. You can then colour in the people to that it looks like all your friends gathered together.



THANK YOU



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### #BEKIND SATURDAY

Saturday was all about showing kindness to those around us in both big and small ways. Kindness is about choosing to do something that helps others or yourself, motivated by genuine warm feelings. Our Activity Book promoted three super #BEKIND Saturday ideas to try, each one with kindness at its heart. These activities were: creating an Inspiration Station and being kind to others and those in your community. The Curiosity Collective partnered with us and created a brilliant Random Acts of Kindness Challenge, which involved setting three kindness goals to complete by the end of the day. This activity is so fun and simple that it can easily be repeated to make everyday a kind day.

Kindness is a huge part of our Care Experienced Children and Young People Service, which is why we wanted to give them the spotlight for this

day. We recorded a discussion with two foster carers who run support groups in their area. Foster and Kinship carers are often overlooked groups, so we wanted to give them a chance to speak about their experiences, especially regarding peer support in their groups. We also wanted to share the "Calming Technique" webinar which we delivered to carers earlier this year and which an online version can now be found on the KCASS website. Many carers found this to be a valuable session, so we wanted to make sure everyone had a chance to watch.



**THANK YOU**



### #BEHELPFUL SUNDAY

Being helpful means doing things to care for yourself, your family, friends, and community. It can start with looking for people who might need your help or doing something to help someone out of love. For #BEHELPFUL Sunday we published three special ideas to try in our Activity Book, which included helping those who had previously helped you, spending time with someone who may be left out, and giving a helping hand to the environment. Our friends at See Me, a mental health charity dedicated to ending stigma, showcased "What's on your Mind?" This activity is a simple and accessible way for anyone to talk about how they are feeling. It involved colouring in different bubbles filled with emotion words. The colours would reflect how the word makes you feel. You can then use these words to speak to others about how you feel. Lots of people of all ages have trouble expressing their feelings, so we hope this has helped young people who struggle with this.

For #BeHelpful Sunday, we celebrated YOU – our supporters. Children's Health Scotland would not be able to do what we do without the generous help of those who support our mission. That is why we highlighted six recent fundraisers from the past year alone whose efforts we are incredibly grateful for.

We also unveiled our new Fabulously Fun Fundraising Pack, which is full of ideas to inspire anyone, especially children and young people to raise money to support our work. The Fundraising Pack is available on our website, and physical copies are available to schools to inspire children to help others.



**THANK YOU**







# SCOTTISH CHILDREN'S HEALTH AWARDS 2022

**T**he Scottish Children's Health awards have been created to celebrate courageous children and young people and those who are making a difference to their health and wellbeing.

We are delighted that Journalist and TV presenter Catriona Shearer once again interviewed all the winners and helped us to present the awards in person at the My Health, My Rights Conference on Friday 9th September 2022. Their stories are featured on the following pages, and we would like to send out a huge well done to all the winners and a huge thank you to Catriona for helping us to present these awards.

**THANK  
YOU  
CATRIONA**

**Turn over to  
find out who  
won a coveted  
Scottish  
Children's  
Health Award!**





# Laura Stewart wins Healthcare Rights Award



*Laura Stewart is a Children's Rights Officer for Aberdeenshire Council and works with care experienced children and young people. She often says that she has the best job in the world. "I love it. We are a small team who work alongside children and young people ensuring they know about their rights and that adults uphold these rights."*

*"The UNCRC guides everything I do. Care experienced young people have to attend an awful lot of meetings where adults make decisions that have a huge impact on their lives. These children's lives can be full of change and their rights are at the heart of how I provide support so that they have as much control over the relationship."*

Laura regularly visits Troup House residential children's home and school as part of her role and works with the young people there to help their voices be heard when it comes to making decisions about their lives.

*"I help facilitate our fabulous YPOC group (Young People's Organising and Campaigning group). We meet monthly and this group is run by and for care-experienced young people aged 12 and up. They want to use their own experience to make things better for others and seeing them grow in confidence is just fantastic."*

Laura says children's rights are really taking centre stage in Scotland right now and it's an exciting time to be part of those changes. *"The YPOC group has been hugely influential within the council and also Scotland-wide as its campaigns have reached the Scottish Parliament, Universities and other Councils. The influence the group has had is very wide-reaching and I am very proud to have played my part in this."*

It was actually Jennifer McGregor, Manager at Troup House who nominated Laura for the award. She said: *"Laura goes above and beyond supporting the children at Troup House. She not only calls but visits to build stronger relationships with the children and has been amazing finding ways to communicate with some of our more complex children. She uses visuals in her person-centred planning work, computer aids and drawing to allow children to discuss and express needs*



and wishes. Once Laura has the information, she either advocates on the child's behalf or supports them during meetings. She has a special way of individualising what she does to accommodate and support the needs of individual children and will fight on their behalf when needed. The children all spend time with Laura, even those who struggle to accept help, which is mainly due to her approachable personality and fun-loving nature."

Winning the Healthcare Rights Award, says Laura, is a reflection of the team she works with. "I work in such a supportive team with a fantastic admin worker who keeps us all right and such amazing and skilled and knowledgeable colleagues and boss. My boss has been a Children's Rights Officer for over 20 years, and she has shared her learning with me and the team with such patience and enthusiasm and grit. And – the biggest shout out to the children I work with – I do feel very privileged that they want me to be part of their lives, to be right by their side so that we can improve things. For adults to see that if you get to know children, really listen to them, so that they can take part in decision-making, the world is a better place for everyone."

On choosing their winner, the judges commented that: "We believe it is rare for a Council to fund such a job position as a Children's Rights Officer, so a big well done to Aberdeenshire Council. However, having the position is one thing, having the right person is something completely different. Laura seems to be exactly that! Her flexible style comes through as she adapts to reach every child, and we are hugely impressed with her work."

Congratulations Laura on winning the Healthcare Rights Award.



**We believe it is rare for a Council to fund such a job position as a Children's Rights Officer, so a big well done to Aberdeenshire Council. However, having the position is one thing, having the right person is something completely different. Laura seems to be exactly that! Her flexible style comes through as she adapts to reach every child, and we are hugely impressed with her work.**



# NHS Fife Specialist Palliative Care win Improving Life Experiences Award



*The Improving Life Experiences Award recognises the commitment and expertise of those who have made a significant difference to improving life experiences of a child or young person. The judges of the Scottish Children's Health Awards were looking for nominees who have made a difference to the confidence and resilience of a child or young person, to help them deal with difficulties. And they found that the NHS Fife Specialist Palliative Care (Children and Families Service) team did just that.*

The team provides early intervention and support for parents and carers preparing themselves and their children for advanced disease, death, and bereavement. This is enabled and supported through close working relationships with oncology teams, ICU and the Maggie's Centre. The COVID-19 pandemic presented challenges, but it also provided opportunities in their provision of services; using virtual clinics, "drive-by" consultations, garden visits and outdoor groups.

The team said: "Children and young people were telling us they felt more isolated and struggled with their wellbeing, but that they were also often more comfortable with the control offered by virtual sessions. The outdoor work we undertake has also appealed to

many. And partnerships have been formed with the third sector to move our services outdoors and develop group choices. The family resilience programme, parents' groups and teen groups have all moved outdoors and we intend to continue with this arrangement."

"We're a very close-knit team who share a strong value base. We feel passionately about the support we can offer and feel strongly that children and young people need help to make sense of their experience and share their naturally occurring questions, worries and emotions."

Parent, Rona Wood, nominated the team for the award. She said: "The team has been available to us since the death of my husband in October 2021. They have offered sessions not only



to me but also my two children. COVID-19 has had a devastating impact on our family, and they have been there to support us in any way they can. Whilst COVID-19 was previously not within their remit, they pushed boundaries to allow us to benefit from their understanding, knowledge, and experience. When our lives have felt to be out of control, they have helped us with respect, compassion and understanding and shown that there is hope for the future.

On selecting their winner, the judges said they admired the way the team had pushed the boundaries of their roles to help a family deal with the death of their husband and father from COVID-19, which was not previously within their remit. The judges said: "This award is a reminder of the importance of mental health and to hear about the difference the team has made to this family is a great example of the importance of this type of work."

The team say they would like to use this award to strengthen their links with their partner agencies and to strengthen and improve the support they can offer. With true modesty, they hadn't imagined they would be nominated. "We weren't aware we'd been nominated for this award, so it came as something of a surprise. However, we are delighted to have been nominated, and more importantly, to receive this award. We'd like to continue to offer our services and support to a larger population within Fife."

Congratulations to NHS Fife Specialist Palliative Care (Children and Families Service) team on winning the Improving Life Experiences Award. Thank you for making a difference.



**This award is a reminder of the importance of mental health and to hear about the difference the team has made to this family is a great example of the importance of this type of work.**

# Play therapist Lynn McSkimming wins Health and Wellbeing Award



*Lynn McSkimming is a play therapist working within the Paediatric Psychology and Liaison Service (PPALS) in the Royal Hospital for Children and Young People in Edinburgh. A paediatric nurse for 11 years, she decided to re-train in 2009. She works alongside the Haematology/Oncology service and receives referrals for children who require support following a cancer diagnosis.*

Talking about her work Lynn said: "I practice child-centred play therapy to offer a safe and non-intrusive space for children to express themselves. It can often be difficult for them to verbalise how they feel and play therapy gives them a platform to do this in the way they know best.

"The weekly sessions allow me to pull together dominant themes within their play which can help to construct a narrative. This can be helpful in many ways, including helping the child process, understand and make sense of their journey through treatment. It can also give insight into changing hospital approaches to help support the child during hospital admissions and it can support families to understand and manage some of their child's anxieties."

Lynn says a joined-up working approach enables this to extend

outside hospital to nurseries and school with support from the "amazing and skilled multidisciplinary team" she works alongside. The most fulfilling aspect of Lynn's job, she says, is seeing the difference play therapy can make to a child's journey through treatment, and often their overall hospital experience. "I feel incredibly lucky to work with such an amazing and supportive team, which allows expertise in many different areas to follow on the work once play therapy has finished."

Lynn was nominated for the award by parent Brooke Shields who said: "Lynn is an amazing person who worked a miracle with my son, Harry who is 7 years old. He has a brain tumour which over the last two years has caused him to lose almost all of his sight. Harry hated coming to his weekly chemotherapy session. He would kick off,

SCOTTISH  
CHILDREN'S  
HEALTH  
AWARDS 2022

WINNER  
HEALTH AND  
WELLBEING



Children's  
Health Scotland  
Cherry Hill, Glasgow



scream, and fight, and it was a very traumatic experience for everyone involved. We were then introduced to Lynn who offered Harry play therapy sessions every week before his chemotherapy. Harry's mindset instantly changed after his sessions with Lynn. He was calmer, more confident, and ready to take on his battle. Harry adores Lynn and had so much fun at the sessions. His attitude at home changed dramatically too and he is back to being the happy boy he was. Lynn's still there for us and we always know that she's just a phone call away."

Winning the Health and Wellbeing Award means so much to Lynn. "I genuinely love my job, and the children and families I work alongside inspire me every day. I feel the legacy of this award would be that children sometimes need support to understand their journey through a chronic health condition and related hospital treatment. I believe that play therapy offers this in a non-intrusive and child friendly manner, meeting the child exactly where they are at during this time."

On selecting their winner, the judges were struck by Lynn's outstanding work and the benefit of play therapy to both child and parents. The judges said: "The description of the change in Harry, both before the chemotherapy and at home in general is a great tribute to Lynn in particular, and to play therapy in general. We agree with Brooke that she is an amazing person and a worthy winner of the Health and Wellbeing Award."

Congratulations Lynn on winning the Health and Wellbeing Award.



**The description of the change in Harry, both before the chemotherapy and at home in general is a great tribute to Lynn in particular, and to play therapy in general. We agree with Brooke that she is an amazing person and a worthy winner of the Health and Wellbeing Award.**

# Glasgow Children's Hospital Play Team win Health-Related Play Award



*Health-related play is more than just a chance to have fun. It's a serious business when it comes to children's health and wellbeing. It can help children physically, mentally, and emotionally and is an essential part of treatment that can help to speed up recovery either in hospital or at home.*

Theresa Wright is a Health Play Specialist and Wendy McKechnie is a Play Assistant in Glasgow Children's Hospital Play Team. Neither of them knew they'd been nominated for the award, but both were equally delighted to have won.

Theresa works with children and young people attending hospital for any procedures to help prepare and support them. "I meet children who are coming in for any type of scans, who may have to have bloods taken or come in for surgery. We try, as a team, to make their journey as easy and positive as possible. The hospital can be a very frightening place, not only for the patient but also the family. We have a Teddy Hospital where we let the children use role play to help prepare them. It allows them to ask relevant questions and play with medical equipment to hopefully alleviate any fears they have."

Wendy covers cardiac and neonatal wards and helps children play to cope with the pressures

of being in hospital. "The work is crucial; it helps distract children and ease their worry whilst in hospital. I use play to build the child's confidence and help them progress. The best part of my job is the achievement of making a child smile. It always means so much to me knowing I've helped."

Parent Julie Donn was one of the nominees of the team. She said: "The Glasgow Children's Hospital Play Team work together to provide outstanding support for children going through some of the scariest experiences of their little lives while also supporting parents through some of the most stressful times of theirs. They are there for us - whether it be through procedure preparation sessions in the teddy hospital, arts and crafts on the ward, playing games, or just chatting. The commitment they show to helping children through procedures they are struggling with and being able to identify what is worrying them, even when it is completely outside the box, is invaluable."



"They are the key to success for so many. The relief from parents to have the support and the sheer joy and sense of achievement from both child and parent when they manage to get through a procedure that previously felt impossible can literally not be put into words. They have smiles on their faces and a spring in their step that is contagious and brings hope and excitement into the room with them even when that room is heavy with worry and fear. They are without a doubt changing little scared and big worried lives daily and I truly hope they know how special they all are. They are our heroes, and we wouldn't be where we are without them."

Theresa says winning the Health-Related Play Award is an excellent opportunity to publicise the service as people don't understand the difference that play can make in the hospital setting. "Winning this lets people know about our service, our role, and the support we can offer all families who have anxieties about attending hospital for any procedures.

"I think our legacy would be to continue to make a difference in patients' lives within the hospital setting, pass on the importance of play and hopefully be able to always put the child/young person and family first."

On choosing their winner the judges said: "Prior to COVID-19 we would have acknowledged the amazing work of the team in terms of how they help children and parents through play. However, the way the team has found new ways of delivering play during difficult times is amazing and an acknowledgement to how all people in the sector have had to adapt. We are proud to present



this award to a team in recognition of all those in the sector who have found new ways to operate in these trying times, always keeping the child and their family at the heart of everything they do."

Congratulations to Theresa Wright and Wendy McKechnie of Glasgow Children's Hospital Play Team on winning the Health-Related Play Award. Thank you for making a difference.



**Prior to COVID-19 we would have acknowledged the amazing work of the team in terms of how they help children and parents through play. However, the way the team has found new ways of delivering play during difficult times is amazing and an acknowledgement to how all people in the sector have had to adapt.**

# Dennis Hopkins, Headteacher at St Bridget's Primary School wins Children's Choice Award



*The Children's Choice Award gives the opportunity for a young person to say "thank you" to someone special in their life; someone who has made a difference to their world. Dennis Hopkins, Headteacher at St Bridget's Primary School in Kilbirnie, is this year's winner after a pupil, undergoing cancer treatment, nominated him.*

"I was completely taken aback," says Dennis. "I can't believe this wee one's mum has found the time to write an award nomination with everything they're going through. If anyone deserves an award, it's these two." The boy who nominated him, a pupil at Mr Hopkins' school, had been undergoing treatment for cancer last year.

The treatment meant he missed lots of lessons throughout the school term, but, determined to ensure he felt included, Dennis would pick the little boy up from home and take him to school – even if just for half an hour – to ensure he was seeing his school friends and participating in the school community.

Dennis says, "When he was well and feeling up to it, we would

bring him into school. It was lovely – he even came on the summer school trip. We want him to feel very much part of that class – and involved in everything they're doing. It's all about inclusion and we are all there for him; for any purpose at all.

Ensuring every child, regardless of their circumstances, gets full unhindered access to school is something Dennis is very passionate about. "The idea of ensuring that every child has the best outcomes delivered to them is the most fulfilling part of my job. And also that children are happy and want to come to school."

The judges of the Scottish Children's Health Awards were impressed by the Head Teacher's actions. With so many other pupils to care for, making such an



effort to help and include this little boy led to them picking Mr Hopkins for the award.

He is, however, adamant that it's not an individual award and is keen to stress he's receiving it on behalf of the whole school; for all his team.

"I believe this is a whole school award – we're all doing our best to support this little one while he's going through treatment. I want it to be for the whole team. I feel as though what we did here was hopefully what every school would do.

"The number of people who ask after him and enquire about him on a daily basis is incredible. It's not just the academic aspect; we're not worried about that part. It's the social aspect. What we want is for him to feel supported by the whole school. I hope he does feel that; I think he does."

And the fact that this boy nominated Mr Hopkins makes us sure he feels that too.

Congratulations to Dennis Hopkins and all at St Bridget's School, Kilbirnie, on winning the Children's Choice Award.



**I believe this is a whole school award – we're all doing our best to support this little one while he's going through treatment. I want it to be for the whole team. I feel as though what we did here was hopefully what every school would do.**

# Eve McLaren wins Young Achiever Award

*Eve McLaren has just started college, studying Animal Care. It's a massive achievement, but has also been a huge step for her, having been diagnosed with autism and also dyslexia and dyspraxia.*



It's been a long journey for the teenager, learning to overcome her diagnosis and the anxiety she has experienced. But her dogs have been a huge source of comfort and support – especially Odie, with whom she enjoys doing dog agility, and her new dog, Bear. She hopes to take Bear to Crufts and to Paragility in Spain one day.

Eve's art therapist referred her to the self-management service (SMS) Programme SMS:CONNECT that is delivered by Children's Health Scotland. That connection has helped Eve to build her confidence, teaching her that she's not alone as a young person with a chronic condition who needs help and support. She recently helped make an Autism film with her Disability group in the Borders called 'Autism: My Superpower and Me' in which she interviewed health professionals and the Scottish Autism CEO.

In June this year she spoke to over 500 delegates at the RCPCH Conference in Liverpool after an invitation from Bruce Adamson,

the *Children and Young People's Commissioner Scotland*. The message Eve wants to send is that autism makes you special and she hopes people understand more in the future and that every autistic person deserves to have the same rights as any neuro-typical person.

Eve's mum Emma nominated her for the Young Achiever Award and is incredibly proud of her daughter. "Over the last couple of years Eve's confidence has been building and there's been such improvement in her self-esteem. She's taken on challenges – like speaking at the conference and being at the forefront of the video – and also been willing to talk to the media. She's done so well."

The teenager is working with her mum and local hospital and has spoken to lecturers at local colleges to help them understand the needs of students with autism. Eve has done all of this whilst undergoing therapy for her anxiety and chronic pain and achieved other personal challenges such as training her two dogs.



On choosing their Young Achiever, the judges of the Scottish Children's Health Awards said that it is always one of the most difficult categories to consider. "We were blown away with the entries this year and in choosing Eve we recognised an extraordinary individual. The things she has done to be a role model to others whilst dealing with her own diagnosis are remarkable and she will also hopefully make life easier for those diagnosed with autism in the future. Congratulations Eve on winning the Young Achiever Award."

Mum, Emma, added: "This award feels like the pinnacle to a journey that Eve's been on since the age of 10. It's shown her she is valued as a young person by so many. It has heartened her that so many people are willing and want to hear her story and hopes, through winning this award, that it will inspire so many others to achieve anything they put their mind to. It also helps to highlight the importance of services such as SMS:CONNECT but more specifically through their support that every child and young person can find their own superpower."

Both Eve and Emma are delighted at this achievement and are keen to acknowledge they couldn't have done it without the support of Beth Davidson and all the staff at SMS:CONNECT. They hope that going forward all schools, colleges and workplaces will understand the importance of supporting people with autism so that they can achieve their dreams and ambitions.

Congratulations Eve on winning the Young Achiever Award.



**We were blown away with the entries this year and in choosing Eve we recognised an extraordinary individual. The things she has done to be a role model to others whilst dealing with her own diagnosis are remarkable and she will also hopefully make life easier for those diagnosed with autism in the future. Congratulations Eve on winning the Young Achiever Award.**

# Dr Iain Horrocks wins Lifetime Achievement Award

*The Lifetime Achievement Award isn't open to public nominations; it's presented to a health professional who, in the opinions of the judges of the Scottish Children's Health Awards, has made outstanding contributions to the health and wellbeing of children and young people.*



The winner of the Lifetime Achievement Award, Iain Horrocks, is insistent that the award be shared with his team. "I was appalled at the idea of me individually deserving it when we truly have a team that is so inclusive that to single out any member for praise above the rest would be unjust," he says magnanimously.

"Our Muscle Nurse Jen's motivation and tireless support of the team and all the muscle families throughout Scotland is crazy," he says. "She is always at the end of a phone, contactable anywhere, anytime, to deal with any problem.

"Marina is a Neuromuscular Consultant Physiotherapist. Her tenure as the first non-medical lead of the Scottish Muscle Network was transitional to the Muscle Services for children in Scotland. Her enthusiasm, work ethic, and approachability really made the Scottish Muscle Network a force and gave us the UK recognition of a muscle Centre of Excellence in the UK."

Iain and his team help around 450

children, mainly in the west of Scotland, with nerve and muscle disorders. "Before 2018 we didn't have any curative treatments to offer any of our muscle patients, but we dabbled in a bit of international collaborative research – that started in 2014 with our first major trial of FOR DMD (Finding the Optimal Regime of Steroids for Duchenne Muscular Dystrophy patients). At that point we had a skeleton team of Marina, Myself, Jen, Rachel (Dietician), Wilma (Family Support Nurse) and Sarah and Susanne - other Neuromuscular physios.

"Our main basis was to diagnose and support families and children with neuromuscular disorders, to give them a voice, to educate them and to be educated in how best to help them. We hosted educational evenings many years ago at Ashcraig school.

"The opportunity arose to apply for charity funding to be able to expand our team and allow children in Scotland with neuromuscular disorders the same research opportunities as those in England



so we took it and managed to secure funding for Tracy, a clinical trials coordinator, and Rebecca to further strengthen the physio team. We also managed to secure funding for Dr Shuko Joseph who was appointed as a Neurology Consultant to work within the Muscle Service. In February this year, she completed a three-year PhD doctorate on the effects of steroids and Duchenne Muscular Dystrophy and has written seminal papers on the subject."

It was Jennifer Dunne who brought Iain to the attention of the judges. She said: "Dr Iain Horrocks and his neuromuscular team strive to improve the lives of all children who have a diagnosed or undiagnosed neuromuscular condition. Most neuromuscular conditions have no cure or treatment. Dr Horrocks leads a very small team in conducting clinical trials to find ground-breaking treatments for this patient group. He often spends many hours out-with his work, researching new treatments or contacting families for support.

"Dr Horrocks has led his team to be the first in the UK (out-with a trial) to administer gene therapy for patients with *spinal muscular atrophy* (SMA) – a life limiting condition. He led ground-breaking new treatment for SMA, to not just one patient but two in Scotland out-with their health board area. If patients receive this treatment early enough, they could potentially lead a normal life. Without it most children will die within the first two years of life. Dr Horrocks and his team go above and beyond for their patient group and give hope to many families who have no cure or treatment for their child's diagnosis."



Hearing about Iain and his team and everything they do in their job, let alone everything they do beyond that to support and improve the lives of children, greatly impressed the judges. They said: "We are in awe of Iain and his team and the work he leads in Scotland. He gives hope to so many people through his clinical trials to

find ground-breaking treatments. His gene therapy for patients with spinal muscular atrophy is just one example and we are honoured to present the Lifetime Achievement Award to Iain and his team.

Congratulations to Iain Horrocks and the team on the Lifetime Achievement Award.



**"We are in awe of Iain and his team and the work he leads in Scotland. He gives hope to so many people through his clinical trials to find ground-breaking treatments. His gene therapy for patients with spinal muscular atrophy is just one example and we are honoured to present the Lifetime Achievement Award to Iain and his team."**

# MY HEALTH, MY RIGHTS NA CONFERENCE

**O**ur highlight of Scottish Children's Health Week 2022 was our My Health, My Rights Conference which was designed to support all those involved with children and young people in the health and wellbeing sector. We organised a range of inspiring speakers to motivate and engage with delegates and those attending experienced a fun, educational and interactive conference. In addition to exploring issues from highly informed and respected perspectives, there were plenty of opportunities to network with professionals in a relaxed environment that allows delegates to share ideas and make connections.

*"It was so lovely to meet in person with all our friends in our sector to discuss the health and wellbeing of children and young people and their right to the best possible health," said Helen Forrest, Chief Executive, Children's Health Scotland. "This conference had been delayed for two years due to COVID-19 so there was a real buzz of excitement throughout the day when everyone was finally able to meet in person. We brought rights, health and wellbeing, the current cost-of-living crisis, and 'eat or heat' issues for discussion and debate at the event and we know, without doubt, that a huge amount of change is needed right now to support those who need us most."*

The conference opened with a welcome from our host Catriona Shearer. Catriona is a broadcaster, journalist, and event host with



Catriona Shearer

over 16 years' experience in the media and she was truly amazing at ensuring the continuous flow of the whole conference.

Our Vice-Chair, Gwen Garner, then took to the stage to talk about our conference theme of My Health, My Rights whilst announcing the launch of our new



Gwen Garner

book 'Millie meets the Dentist'. All those attending received a copy of the book in their delegate bag, and we are very proud of this publication. It represents what we stand for and what we wanted this conference to achieve: It is all about my health and my rights with the star of the book, Millie, who had struggled to go to the dentist because she is autistic.

We were delighted to be joined by Dr William Bird, a family GP who has helped to transform the health of millions of people through innovative initiatives, and Dr Suzanne Zeedyk, a research scientist who is fascinated by babies' innate capacity to communicate. Both delivered thought provoking guest presentations supporting the fact that every child has the right to the best possible health.



# TIONAL



The workshops all delivered practical ideas on how to support the health and wellbeing of children and young people and their right to the best possible health and during all the breaks there was a buzz of activity around the Market Place as delegates visited our exhibitors.

A big thank you to our panel members: Dr Suzanne Zeedyk, Dr William Bird, Dr Mairi Stark, Helen Bauld, Eve McLaren, and Angela Bradley who all took questions from the audience focused on the healthcare needs and rights of children and young people.

**Without a doubt, the main highlight of the event was the Scottish Children's Health Awards Ceremony, and all the winners are featured on pages 16-29.**



Dr William Bird



Dr Suzanne Zeedyk

## THANK YOU TO THE EXHIBITORS

The exhibitor hall was buzzing with excitement and conversation. Our delegates met with 30 exhibitors to explore information and advancements in children's health and rights. We would like to thank all of the exhibitors who made this event so special.













# FABULOUSLY FUN FUNDRAISING IDEAS

**Fundraising is what keeps Children's Health Scotland working! Without the valuable and generous efforts of those who support us, we would not be able to continue delivering our services to the children and young people, parents, carers, and healthcare professionals who rely on our help. That's why we are proud to unveil our Fabulously Fun Fundraising Ideas.**

**T**his Fundraising Pack was created to help inspire anyone who picks it up to find a fundraising event that resonates with them. The ideas of the pack tie in with our Scottish Children's Health Week daily themes, so there is something for everyone.

We initially created this Fundraising Pack with children and young people in mind. From running our Self-Management Service Programmes, we were regularly approached by children and young people who participated in the programmes who were so grateful for our support that they wanted to return the favour in some way. One such superstar was Lucy who, after participating in SMS:CONNECT, went on to organise a Charity Bowls Day. The event raised an awe-inspiring £6000 to support Children's Health Scotland. Lucy's amazing donation is now funding the next set of SMS programmes and directly helping children and young people like her.

While Lucy approached us with her own idea for an event she wanted to hold, not everyone has their next amazing fundraising plan yet. That's why this Fundraising Pack exists. It has seven themes with seven awesome ideas to get your mind buzzing with ideas.



**THANK  
YOU  
LUCY**



A few of our favourites are:

## BE BRAVE

Calling all superheroes! Your class could take part in a "Dress Like a Superhero" day. Remember that not all superheroes wear capes – maybe your superhero is a nurse, a fireman, or someone in your family.



## BE CALM

Has your class ever taken part in a read-a-thon? Could you challenge yourself to see how many books you can read in one afternoon? Give it a try and feel calm and relaxed while you learn new things & fundraise!



## BE KIND

There are so many ways to be kind to others. Why not cheer someone up with a sweet treat? Work together to organise a bake sale at your school. You can work together with family and friends to make some delicious cakes and biscuits for the event, and by kindly donating the money raised to Children's Health Scotland you'll be supporting the health and wellbeing of other children and young people around the country.



...AND MANY MORE!

We are always happy to visit schools to deliver health play workshops and health rights talks to children and young people of all ages. If you would like our team to visit your school, please email [enquiries@childrenshealthscotland.org](mailto:enquiries@childrenshealthscotland.org) or call 0131 553 6553 to get in touch.



That's not all! The Fabulously Fun Fundraising Pack also has a page where you can use the inspiration you found from the ideas page to draw up your own event plan. This includes your name, what you will do, when and where you will hold the event, who you would like to invite, and your fundraising target. There's even a space to draw yourself at the event having lots of fun.

We've saved the best for the last page though, because this is where your personal certificate is. When you have finished your fundraiser, you can cut out the back page, write your grand total on it and put it somewhere special.

The Fundraising Pack contains everything a child or young person will need to help support children and young people with health conditions. There is simple, easy to follow information for how to pay in your donations (some steps may require assistance from an adult). There is also information on how to get the whole school involved with supporting Children's Health Scotland. Finally, there are pages that give more information on who we are and what we do to ensure that every child has the right to the best possible health, and how you can get in touch with our team if you need any help or have any questions about our work.



Children's  
Health Scotland

# Millie meets the dentist

**9-year-old Millie is worried about going to the dentist.**

Our story book tells how Millie worked through her anxieties by understanding her rights to play, to be informed, and to participate in decision making.

Using health-related play, Millie was able to visit the dentist, who gave her control and respect throughout her visit.



The second half of 'Millie meets the Dentist' contains information and ideas to help adults communicate with children, how to create a personalised story and includes links to helpful downloads.

**'Millie meets the dentist' is now available to buy from Children's Health Scotland for £6.99.**



Children's  
Health Scotland

**Millie  
meets  
the  
dentist**

**Please email  
[enquiries@childrenshealthscotland.org](mailto:enquiries@childrenshealthscotland.org)  
to get yours!**

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