

Small Talk



What is **Small Talk**?

Small Talk is an 8 week programme for parents and babies 0-6 months delivered at various locations throughout Perth & Kinross. The programme looks at **bonding with your baby, early baby communication, the importance of reading and singing to your baby, baby milestones, sharing parenting experiences with other parents**, receiving a Treasure Pouch and visits from the library, speech therapist and dentist.

Treasure Pouches : the idea for Treasure Pouches came from Treasure Baskets which are used in nurseries and have been developed as a portable activity for parents and babies; they are light and can easily fit into a changing bag or pram.

What happens at a **Small Talk** group?

Small Talk programme

Over 8 weeks we will be looking at:

- 1st week:** Welcome and introduction to Treasure Pouches
- 2nd week:** The Connected Baby DVD
Dr Suzanne Zeddyk
- 3rd week:** Speech Therapist visit
- 4th week:** Librarian information visit
- 5th week:** Dental Smile Nurse visit
- 6th week:** Weaning session
- 7th week:** Helping babies learn & making choices: Play at home session
- 8th week:** Moving on, foot painting & Evaluation

The Treasure Pouches will be used during the sessions and each session will end with a Rhymetime



Who can attend a **Small Talk** group?

Small Talk welcomes families with babies from birth to six months.

Where does **Small Talk** happen?

Small Talk groups can be found in a variety of settings such as in a community campus, community centre or health centre.

What parents say about **Small Talk**

"I found the visits from the dentist, speech therapist and library very informative and enjoyed the discussions about stages of development very helpful and reassuring"

"My baby and I enjoyed the singing and story time. I also learned she enjoys playing with everyday items"

"Enjoyed talk time and discussing how signing and reading to my baby benefits his development. Sharing our experiences and being with parents at the same stage with their little one as myself"

To book a place contact The Parenting & Family Learning Team or your Health Visitor

The Parenting & Family Learning Team deliver **Small Talk** across Perth and Kinross. For more information contact The Parenting & Family Learning Team at Parenting@pkc.gov.uk or telephone 01738 477697