

October 2022

Children 1st

Bairns Hoose

Bathgate - art group

What have we been up to?

We met with 6 young people at the Friday art group in our Children 1st Bathgate service. The young people had lots of ideas about what the Bairns Hoose might look and feel like. The group explored what makes a place feel safe, comfortable and cozy. This session focused on 'right place and space'.

The right place and space



The young people shared their ideas of what the Bairns Hoose might look and feel like. They reflected on in the inside of the house and shared lots of thoughts about the outside of the house.



Key Themes



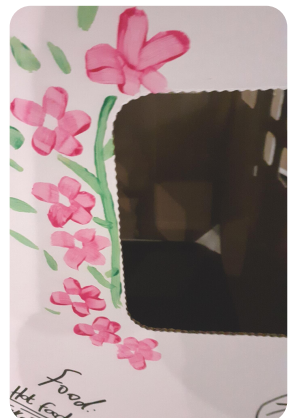
The Welcome

The welcome at a Bairns Hoose felt important to the group – they explained that from the moment a child or young person's sees the house, to the point of physically walking through the front door and being greeted by staff, this should be thoroughly thought about and considered.

They explained that the front garden should look nice and well maintained so you know it's well looked after. This would create really good feelings when you first arrive. They felt if the front garden was overgrown and looked messy it might make children and young people feel anxious.

The young people then talked about the importance of having a nice, well looked after front door. They explained that the front door gives first impressions of the physical house, so they felt it is important to get this right. They shared the idea of having pretty flowers at the front door would be really important for the children and young people because they would know that it's inviting and not a big scary door. They reflected that it is quite unusual for these kinds of buildings to have flowers/ plants at the front door, so they felt it would offer immediate reassurance that you're welcome and safe, even before you get inside.

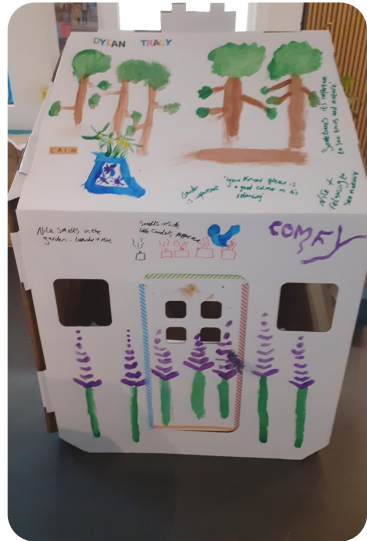
They explained that when you physically walk into the space each family should have a warm welcome where they are made to feel at ease and calm. One young person shared: 'It should feel like sunshine and not feel like rain as you walk through the front door.'



Nature ✨ ✨

The young people felt having access to nature was important. They shared that having access to a garden to take breaks and for a breather would be really important. They also shared that being able to look outside would be nice in the different rooms within the Bairns Hoose. They shared that looking and listening to trees can bring feelings of calm.

They also shared that having flowers that smell and look nice in the garden is important. They particularly liked lavender and mint as they both smell nice. They also reflected that flowers would attract wildlife into the garden which they felt was important for the planet.



Feeling 'comfy' ✨ ✨

The word 'comfy' was mentioned throughout the session; the young people felt it is important to feel physically comfy, by having the right seating, soft cushions, and (weighted) blankets.

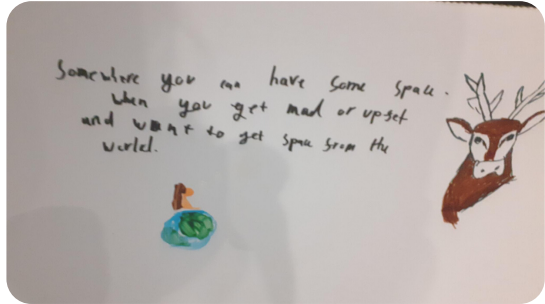
They also reflected on the use of colour making a space feel comfy. One young person shared that red should not be used as this reminded them of being in danger. The group liked colours that reminded them of feeling calm and happy – green and yellow were their favourites.

The young people also reflected on the time spent in a Bairns Hoose might feel quite long for children, so having things to do and play with would be important and help them feel comfy throughout. They suggested having an arts and crafts space, and access to a games console. They also felt it was important to have a big range of unusual fidget toys – not just the normal ones.

They agreed that having someone you trust with you throughout the day is important, so having a family member there will help make you feel 'comfy'.

Feeling 'comfy' continued.

It was also said that having smaller, spaces for quiet time might be helpful, as children and young people may like a moment where they don't need to talk to anyone and have some downtime.



Animals *

The young people shared that in an 'ideal world' there would be opportunities to invite therapy pets into the Bairns Hoose as they can bring feelings of calm and comfort to children and young people. They felt this could be a decision that families can make as some families might not be keen on animals, where others love them.

They also felt it is important to think about other animals, so they suggested having bird feeders in the garden which would help bring in lots of nice birds which families can look at. As previously mentioned, they felt flowers both inside and outside would be nice for the families and also for attracting wildlife.

The young people also shared that having a pond in the garden might be a nice idea as children and young people like to look at fish, and this can bring a sense of calm. They also suggested a fish tank in the welcome room as some children find it relaxing when looking at fish swimming.

Alongside real animals there was also mention of the importance of big cuddly toys - they felt animals like elephants and Deers would be nice toys to have.

