

# Early Days Program

*“To have Jette and Kath’s knowledge and expertise was a huge privilege for us, their feedback has been really helpful for us as new parents and the online space they held for adoptive parents to openly share their experience was really appreciated. Thank you all for this invaluable support.”*

– Parent, Scottish Adoption and Fostering



The Early Days Program is here to offer extra support to new families as they settle into life together. It focuses on building strong, loving bonds in those early days through simple play and music activities. Sharing play and music with your child is a gentle and enjoyable way to connect, helping your child feel safe, secure, and loved. These early connections lay the foundation for your child’s wellbeing—not just now, but throughout their life.

## Initial Support

Once matched with your child, you’ll be connected with a Scottish Adoption and Fostering Parent Practitioner. You’ll receive Theraplay and sensory-based movement activities to begin building connection even before your child arrives. A selection of Theraplay and sensory based movement activities will be provided to the foster carer prior to your child moving. New parents will continue with the same set of activities once your child joins your family to provide continuity and familiarity.

## Theraplay

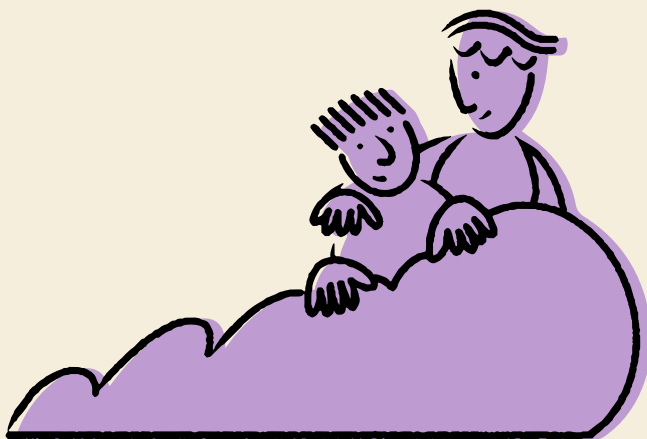
Two weeks after your child moves into your home, your family will be provided with additional therapeutic activities/games.

After four weeks your family will receive four – six Theraplay skills sessions in your own home.

Scottish Adoption and Fostering workers are trained in Theraplay and use Theraplay techniques to support parent/s attune to their child/ren and begin to address their early unmet emotional and developmental needs.

## The Early Days Group

Once your family have completed their six Theraplay skills sessions they will be invited to the Early Days Group – which consists of 2 x 1.5 hour bespoke sessions with our music therapist, Kath Bruce and our Occupational Therapist, Jette Lemvig. The sessions will consist of a mix of musical interaction and movement-based play activities. Families will also have the opportunity to connect with other adoptive families. Multi-disciplinary feedback will be provided to your family’s social worker to assist in determining any future support needs, to make sure we support you in the best way possible



## Contact Us

Want to learn more about this pioneering program? Reach out to Leasa at [leasa@scottishadoptionandfostering.org](mailto:leasa@scottishadoptionandfostering.org)

We can’t wait to chat to you!