



Advice from our Experts - Film Transcript

Judy Fielding, Early Years Music and Story Specialist, Scottish Book Trust

The advice that I'd give to a Bookbug Session Leader who's about to do their very first Bookbug Session is: Keep calm.

Make sure you know everything that's on your sheet, have your wee sheet of paper beside yourself, you can just pop it on the floor just to remind yourself what's coming next, but make sure that on that sheet of paper you know every single song, so that you feel more confident to lead.

Xenia Dennison, Bsc (Hons): Speech and Language Pathology

Being nervous before you lead a Bookbug Session is completely natural and I think that most people feel nervous when they go into it and they start running sessions for the first time. Ultimately just enjoy it, the children aren't going to notice if you make a wee mistake, or if you sing the nursery rhyme slightly wrong, or if your singing voice isn't the voice you always dreamed you would have. It's about having fun with it and that will shine through more than anything, so just give it a go and learn as you go because that's the message that we're sending to parents as well: To learn as you go, so that's really good thing to model for them.

Dr. Suzanne Zeedyk, Developmental Psychologist and Founder of Connected Baby

Find your inner kid.

Don't think about what you look like from the outside. That can be really challenging for us adults to do, because we kind of self-evaluate all the time. But the real point of a Bookbug Session is to help parents to unleash their inner kid as well. So the more that you can do that as a leader, the more it creates the confidence and the kind of space to help parents to do that. So laughter, big movements, big voices, silliness, that kind of stuff is what frames a safe creative space for children. And many parents are afraid to step into that. So the more you can step into that, the more it helps parents to step into it.

Tim Porteus, Dad's Coordinator and Storyteller, Midlothian Sure Start

Do it your way.

It's got to be natural, it's got to be genuine. You have a format for Bookbug, I understand that and you kind of stick to that. But within the context of that be yourself and have fun.



Sharron Brown, Service Development Officer, Libraries (Young People), Fife Cultural Trust

It's a wonderfully rewarding job to do being a Session Leader, and when you look at children and you see them connecting. With you, with the songs, getting excited because they know what's coming up next. That's really, really rewarding.

Everything they tell you about the Bookbug programme, you'll see that paying off. You'll start to notice the difference in the kids and the adults that come along to the sessions with them.