Early Years’ Bitesize Videos

In early 2021 our team received an invitation to be involved in a project working alongside the local authority with the idea to develop ‘Bitesize Videos’ focusing on early child development.

The idea was to cover a range of topics which parents would find useful and deliver key messages that as health professionals we often need to discuss with families.

A number of professionals came together to start to plan including health visitors, SALT’s, OT’s Physiotherapists and play practitioners.
We brainstormed the topics we would ideally like to cover and wanted to focus on ways that advice given by health professionals could overlap… how can language be incorporated into potty training…. ? How can practising tummy time help you bond with your baby? We also had a focus on incorporating simple Makaton signs throughout the videos.

After planning our themes and agreeing who would be involved in each video, we had further meetings to plan the content and delivery through medium of Welsh and English.

With the technological support of a small local company we met in spring to film. With none of us feeling entirely natural or comfortable in front of the camera we gave it our best shot! Our main aim was to provide a message that was ‘practical not preaching‘ with the idea of capturing a conversation between two professionals that could be listened into, rather than us addressing the audience directly.

Another key message was the importance of play as a child’s way to learn and we were all invited to share some of our early play memories which were used in the videos. It was fantastic to hear so many simple moments which mostly involved the memories of people and simple play ideas, hide and seek, books and throwing stones. It was the people we had done these things with that was important, creating a memory as well as learning new skills.

The results of our videos can be found by following these links

[Bitesize Videos - Early Years Child Development - Conwy County Borough Council](https://www.conwy.gov.uk/en/Resident/Social-Care-and-Wellbeing/Children-and-families/Conwy-Family-Centres/Family-Life/Bitesize-Videos-Early-Years-Child-Development.aspx)

[Fideos Byr Datblygiad Plant y Blynyddoedd Cynnar - Cyngor Bwrdeistref Sirol Conwy](https://www.conwy.gov.uk/cy/Resident/Social-Care-and-Wellbeing/Children-and-families/Conwy-Family-Centres/Family-Life/Bitesize-Videos-Early-Years-Child-Development.aspx?msclkid=165fd020b64a11ec9be55dc1637dce82)and cover topics including tummy time, learning to move and toddler walks.

We hope they will be useful and valuable resources to signpost parents and families to.

We feel proud in BCU that we have been able to develop and deliver the project. I feel it is a great example of what can be achieved when a good idea can be taken forward by enthusiastic staff, working together, collaborating with health and social care professionals to produce a successful multidisciplinary resource.

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