



Oh Lila!

a learning resource for pre-school children

Introducing Oh Lila

The Oh Lila Learning Resource is aimed at children of 3 to 5 years and tells the story of an adventurous young hare called Lila who takes a risk and hurts herself.

Lila experiences a range of emotions before speaking to her friend Eric the squirrel who encourages her to get help from the wise old hare.

The resource is now widely used in nurseries and services working with children and families across Scotland and the UK.



Additional Benefits

- Links to the Curriculum for Excellence
- Addresses the principles of the Early Years Framework
- Promotes social support
- Encourages interaction with parents and carers

Oh Lila Learning Resource

Aims of Oh Lila

Oh Lila aims to build resilience and protective factors in young children.

In using Oh Lila we aim to:

- Identify trusted adults
- Understand that asking for help is a positive behaviour
- Explore emotions
- Help children develop social skills

Oh Lila Resource Pack

The resource pack contains a range of age appropriate resources.

The pack contains:

- Large Oh Lila flip over storybook
- CD with additional materials
- Guidance Notes for practitioners
- Oh Lila puppets
- Oh Lila giant jigsaw
- Oh Lila bag
- Activity workbook



Oh Lila evaluation

Key findings of our evaluation:

- Practitioners who have been trained were more confident to use the resource
- Oh Lila encouraged children to communicate and be more open in participating in discussions, particularly when working with vulnerable or identified children
- Oh Lila provides practitioners with a flexible resource that can be used to engage with young children on a number of topics including; asking for help, identifying trusted adults and exploring emotions

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Excellent course.
Very relevant to the
nursery curriculum.

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Nursery Teacher,
West Lothian



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Excellent course for those
working in early years. I am
definitely going away with more
knowledge and understanding.

”

Child Development Officer, Glasgow

Oh Lila training

A half day training is available to support those looking to use Oh Lila.

We recommend at least 2 staff attend training.

On completing training learners will:

- Have enhanced awareness and understanding of the problems caused by alcohol in Scotland
- Be more aware of early years policies and strategies
- Be able to identify ways to confidently use Oh Lila
- Be more confident in managing disclosures

Oh Lila website

The Oh Lila website provides information for parents, teachers and practitioners, with a dedicated members area for those who have undertaken training.

www.ohlila.org.uk

The members area provides access to ongoing support and updates as well as providing opportunities for networking and sharing good practice.

Website funded by:



www.ohlila.org.uk

for more information

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