



**Engaging
Libraries**

public engagement
on health and wellbeing

Talking 'Bout Teddies

Teddy Bears matter!

Teddies' power to create a sense of safety changes children's brains and bodies. That's why we will be celebrating teddies across **Dundee** throughout Summer 2018. We need your help!

It's easy to think that teddies are just a cute mass of brown fur, big eyes and silent stuffing. But it turns out they are so much more. The way they feel - the way they smell - the way they squash! All of these are sensory sensations that calm a child's biological stress systems. That's why there can be a major panic in a family when a teddy goes missing.

Of course, it isn't just teddies that have this power to make a child feel reassured. It might be a blanket, a bunny or an old scarf of Mum's. The form doesn't matter. The feeling of safety does!



Dr Suzanne Zeedyk is a research scientist who has been working hard to help Scotland take Teddy Bears more seriously.

Dundee Libraries is proud to be able to work with her on this unique project, and we're grateful to *Engaging Libraries* for the funding that has made it possible. We're now ready to start **Talking 'Bout Teddies!**



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CHANGING MINDS • CHANGING LIVES

Here's how you can help.

We are keen to talk to any child, young person or grown-up who would be happy to tell the story of your teddy on film. We're hoping you might even bring your teddy (or blankey, bunny, scarf or any other lovey) with you and introduce them to the viewers.

We'll be making lots of short films to share. That means your teddy will be famous! Your story will help our city to think more deeply about the power of teddies, the lasting impact of children's stress and the importance of relationships in human lives.

It doesn't matter how old you are or what your lovey looks like. From age 2 to 102, we are keen to hear how your teddy has mattered in your life.

To take part, just sign up for any of the filming sessions below. Leave us your details and we'll get in touch with more information. Please tell your friends and family, as word of mouth is the best way to spread the news of this exciting project.

Suzanne Zeedyk will be there to interview you on the day. She's keen to hear as many stories and do as much **Talking 'Bout Teddies** as possible!

Filming will take place throughout **February to April** at the following libraries:

Ardler Community Library
Central Library
Hub Community Library

Blackness Community Library
Charleston Community Library
Menzieshill Community Library

Please ask library staff for times and dates.

*Yes, I am interested in taking part in **Talking 'Bout Teddies**.
Please let me know more.*

Name.....

Email.....

Tel.....

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