



**Growing Up in Scotland (GUS) is the longitudinal research study tracking the lives of thousands of children and their families from birth through to the teenage years. The study is funded by the Scottish Government to help them and others to develop policies and plan services to make Scotland the 'best place to grow up'. By following the same children over time researchers are able find out how early circumstances and experiences are associated with later outcomes for children and young people.**

GUS is following 2 groups or 'cohorts' of children – an older group born in 2004/05 and a younger group born 6 years later in 2010/11.

Over the last 10 years, over 50,000 survey interviews have taken place right across Scotland in our participating families' homes. Topics have included child health and development, play activities, diet and physical activity, parenting and support, parents' health, childcare and use of services. The GUS research team have written 28 reports for the Scottish Government. All of our publications are available here:

<http://growingupinScotland.org.uk/publications>

In October 2015 GUS celebrated its 10<sup>th</sup> anniversary with the launch two new research reports.

The first report '*Tackling inequalities in the early years: Key messages from 10 years of the Growing Up in Scotland study*' draws together findings from the last 10 years to highlight the inequalities experienced by children from lower income families from the very start of their lives. Children living in disadvantaged circumstances are more likely to experience poorer health and development than children from more advantaged backgrounds. While there has been some progress in closing some of the inequality 'gaps', there is still a long way to go.

GUS has identified the factors that can help to reduce inequalities and build resilience – a rich home learning environment; high quality early learning and childcare; improving the mental and physical health of mothers; and supporting parents and grandparents in ways that suit them best.

The 10 year report is available here:

<http://www.gov.scot/Publications/2015/10/7513>

The second report '*Growing Up in Scotland: the circumstances and experiences of 3-year-old children living in Scotland in 2007/08 and 2013*' compares our 2 groups of children at age 3.

Some key findings:

- The younger group of children were more likely to have a long-term health condition (17%, compared with 14% of 3-year-olds 6 years earlier)
- The younger children had slightly better vocabulary score at age 3.
- TV viewing amongst 3 year-olds at weekends has increased significantly.
- Parents are finding it increasingly difficult to find someone to look after their child at short notice.

**[www.growingupinScotland.org.uk](http://www.growingupinScotland.org.uk)**

For an A-Z topic index of publications: <http://growingupinScotland.org.uk/publications/topic-index/>

Watch our short animation about tackling inequalities in the early years:

<https://www.youtube.com/watch?v=vH4hsFDG1J0>

Follow us on Twitter  @growingupinScotland