



Talk to me whenever you can!
I will learn the words I need to learn,
develop and communicate with you and
others.



I need you to play with me. I will copy
what you do and this will help me grow in
my understanding of the world around
me.



Sometimes I get stressed. Sometimes
you do too. When we relax together I
learn from you how to regulate my
feelings.



I need your touch, eye contact and
engagement so I feel safe and cared for.
I will learn to engage with others as I
grow up.



When you notice every little thing I do
and respond back to me, we form a vital
attachment that will help me to
communicate with other people.

Five To Thrive

Five essential things you do every
day that help your child's growing
brain.

Do these 5 things each time you
interact with your child, from the
time your baby is born and you
will help to grow a healthy, strong
and confident child.

Building Brains for Better Futures

For more information please
contact your local Children's
Centre or Health Visitor.

