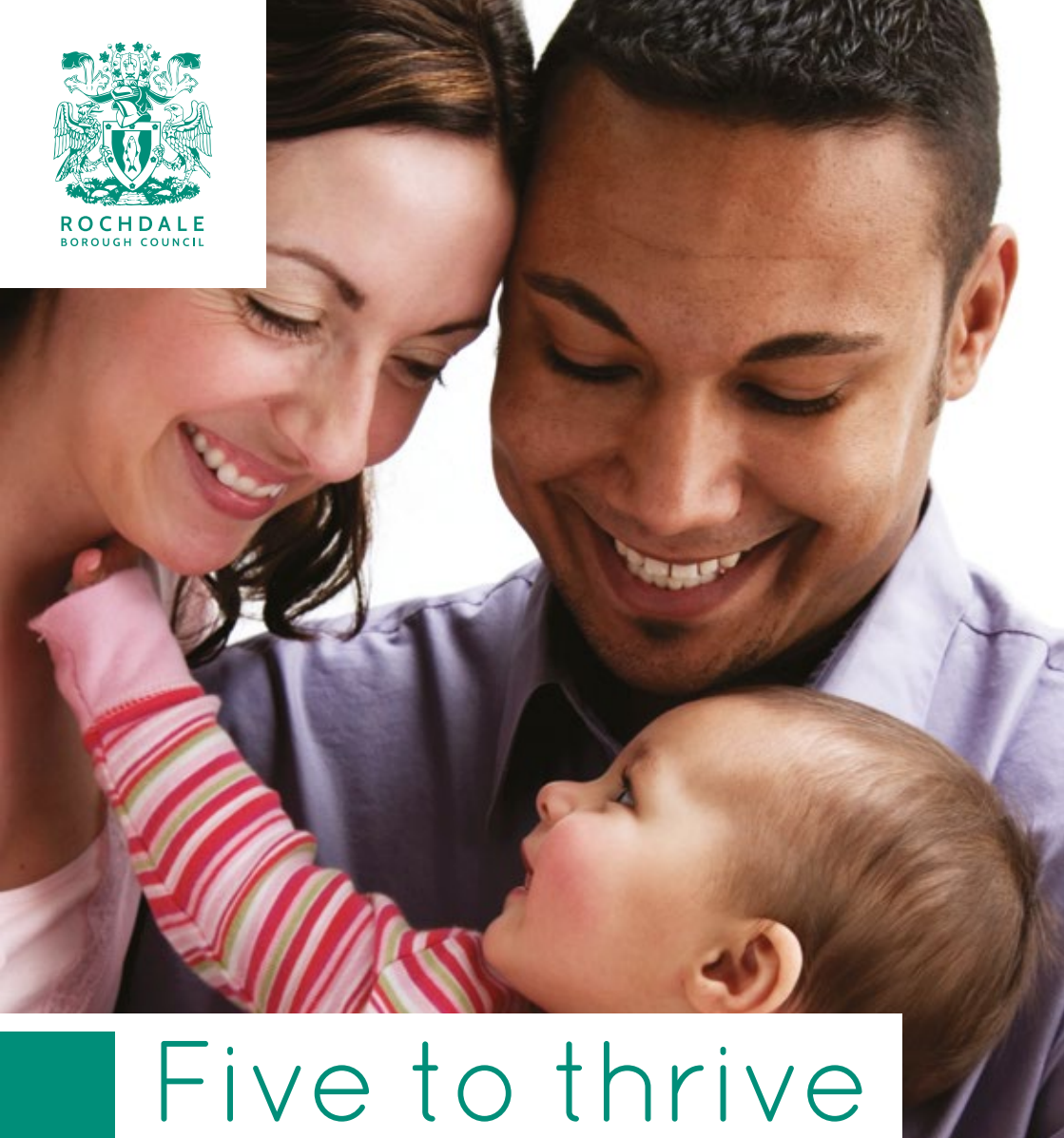




ROCHDALE
BOROUGH COUNCIL



Five to thrive

Help develop a healthy, strong
and confident child.





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

Respond • Cuddle
Relax • Play • Talk

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



My brain grows
better when
you **respond**
to me - I feel
safe when I
hear your voice,
you look at me
and you are
close to me.
I learn from
watching and
interacting
with you, other
children and
adults.



My brain grows
better when
you **cuddle**
me - I feel most
safe when I get
the contact I
need with
an adult who
loves me.
I learn when
you spend time
singing songs
and rhymes
with me.



My brain grows
better when
you **relax** with
me - When
you are calm,
I am calm.
I learn from you
sharing stories
and books
with me.



My brain grows
better when
you **play** with
me - Toys are
great but the
best toy in the
world for me
is you.
I learn when
you give me
opportunities
to play and
become
independent,
so let me have
a go.



My brain grows
better when
you **talk** to me
- I learn from
the sound of
your voice.
The more you
talk the more
I copy you.
I need you to
listen to me
and take notice
of what I am
trying to say.

Tips for talking

My brain grows better when you relax with me.

I like it when you take your time and let me have my turn to talk. Let's enjoy our time together.

My brain grows better when you cuddle me.

When you cuddle me, tell me what's around me rather than asking lots of questions.

My brain grows better when you talk to me

I learn more when you talk about what I'm looking at and doing.
I like to hear the same words again and again. Talk at my level, not too simple, not too hard.
Use gestures with your words to help me understand.

My brain grows better when you play with me

I like it when you turn off the TV, tablet and phone and join me in my play. This helps me concentrate.

Let me show you what I'm interested in.

My brain grows better when you respond to me

I like it best when I can see your face. Watch and listen to me. What am I trying to tell you?

You can support your child's early development by providing a safe and nurturing environment with learning opportunities and minimal stress.



Your baby's brain is developing quickly as a result of what they experience and their relationships.



Your child's brain has developed rapidly and they can form connections between what they see, hear, feel and taste. Playing and interacting with people really helps.



By three years of age a child's brain has around 1000 trillion brain connections (synapses). WOW!

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Family Information Service

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For information on your nearest children's centre please visit:
rochdale.gov.uk/surestart