



As seen on ITV news

Seven year old Molly Wright, one of the youngest-ever TED speakers, breaks down the research-backed ways that parents and caregivers can support children's healthy brain development.

Wright highlights the benefits of play on lifelong learning, behavior and well-being, sharing effective strategies to help all kids thrive by the age of five.

https://www.ted.com/talks/molly_wright_how_every_child_can_thrive_by_five



Here at the Parenting Team, we are keen to share ideas that will help to Build Your Baby's Brain using the Five to Thrive resources. Here are our Top Tips but please get in touch if you would like to find out more bsmhft.parenting@nhs.net

TALK

All the words, sounds, signs, symbols, or objects that you use to communicate, build patterns in your baby's brain that will help them to make sense of their life.

TOP TIPS: Read to your baby regularly, even when they are very young, and use as many rhymes, poems or songs as you can. Simple rhymes and rhythms will hold their attention.

PLAY

Your face, your movements, and your tone of voice all stimulate your baby's brain. Playfulness promotes healthy development in all levels of the brain.

TOP TIPS: Follow your child's lead – if you join in their game, you are telling them that their ideas & decisions are important. Explore shapes, colours & textures with your baby.

RELAX

Settling & calming yourself settles your baby. The brain works best when we are calm & alert.

TOP TIPS: Try to have some time just to focus on the experience of being with your child, not on things you need to get done, or on people/events that have made you upset/angry.

CUDDLE

Your baby picks up signals from your body when you are close together. This will switch on the baby's brain and body to connect to you.

TOP TIPS: Cuddle your baby as often as you like – babies can't have too much contact. Children need touch that soothes (cuddles) and touch that stimulates (tickles).

RESPOND

Notice your baby's needs and feelings. This switches on your brain and body to connect to your baby.

TOP TIPS: Try to guess what your baby's crying means and meet their basic needs – warmth & comfort/food/a clean nappy/sleep. Pass your baby safe objects they are interested in

Five to Thrive website: <https://fivetothrive.org.uk/>

For more information about the support available, please contact the parenting team via email to bsmhft.parenting@nhs.net; by phone on 0121 301 2773; or by finding us on Facebook

