



Produced by Leicestershire County Council  
as part of the Leicestershire Children and  
Families Partnership.

Visit [www.leicestershire.gov.uk/LCFP](http://www.leicestershire.gov.uk/LCFP)

Five to Thrive messages are included courtesy of Kate Cairns Associates.  
For more information visit [www.fivetothrive.org.uk](http://www.fivetothrive.org.uk)



## Planning for pregnancy

- Look after yourself physically and mentally - this helps to give me the best start.



## Pregnancy

- Get to know my pattern of wriggles and kicks.
- Stroke your bump and talk, sing or read to me - this will help me to recognise your voice and feel comforted and loved.



## Babies

- Give me eye contact and talk to me - this helps me to learn.
- Cuddle me often - this helps me feel safe and loved.
- Respond promptly to my cries - this helps us to bond.
- Stay calm and relaxed - this helps me to be calm too.
- Give me chances for tummy time, lying flat and being held upright. Just like you, staying in one position gets uncomfortable.
- Sometimes I might cry for no reason which can be stressful, visit the ICON website for hints and tips [www.iconcope.org](http://www.iconcope.org)



## Toddlers

- Slow down - give me your attention.
- Relax and be patient - give me time to respond.
- Talk about everyday things with me.
- Read books and tell stories with me.
- Get down on the floor and play with me.

If you are worried about your baby or about yourself, speak with your midwife or public health nurse (health visitor).

## Further help and ideas

Health for under fives  
[healthforunder5s.co.uk](http://healthforunder5s.co.uk)

Talk to your baby  
[talktoyourbaby.org](http://talktoyourbaby.org)

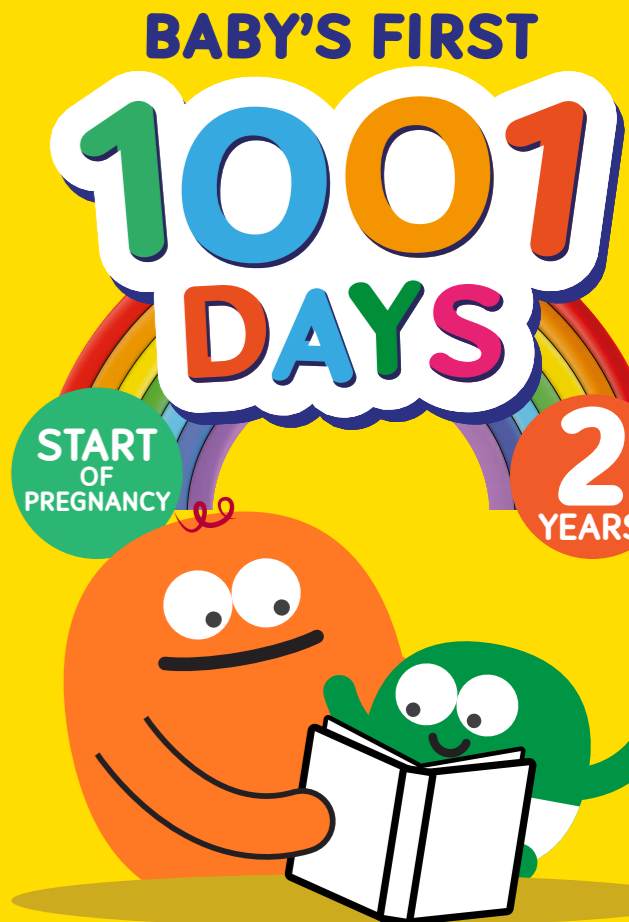
What to expect when  
[foundationyears.org.uk/what-to-expect-when](http://foundationyears.org.uk/what-to-expect-when)

Simple, fun activities for kids,  
from newborn to five  
<https://hungrylittleminds.campaign.gov.uk>

Building a happy baby  
[unicef.org.uk/babyfriendly](http://unicef.org.uk/babyfriendly)

Keeping kids safe  
[rospa.com/Keeping-Kids-Safe](http://rospa.com/Keeping-Kids-Safe)

School readiness  
[leicestershire.gov.uk/school-readiness](http://leicestershire.gov.uk/school-readiness)



Information for parents and carers



The first 1001 days is the most important time for a baby's brain development - that's the time from the start of pregnancy up to baby's second birthday.

Everything you do before a child is two-years-old is helping to build their adult brain - Who they are, how they learn and what they can achieve.

**BUILDING BLOCKS** The building blocks for healthy brains come from the daily interactions between parents and their baby.

**BUILDING BLOCKS 1**

## Respond to your baby

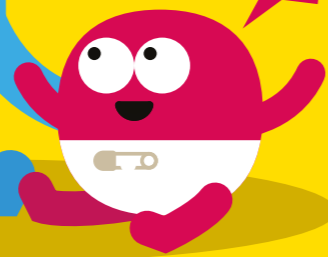
Your child loves your attention. They like to see your smile and hear you talking and singing.

Hello



**TRY THIS...** turn off the TV or put down your phone and make eye contact each time you interact with your child.

BaBa

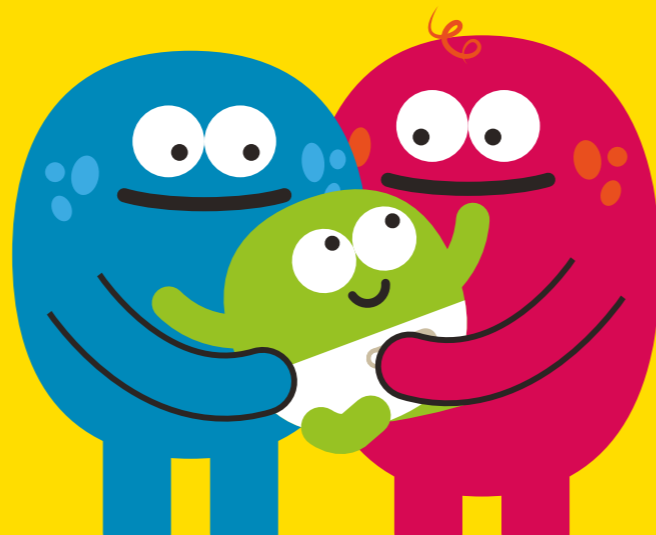


**BUILDING BLOCKS 2**

## Cuddle your baby

When you cuddle your child, it helps them feel safe, secure and loved. You can't give your child too many cuddles.

**TRY THIS...** use different kinds of touch - cuddling, massaging, stroking and tickling games.



**BUILDING BLOCKS 3**

## Relax with your baby

When your child feels stressed they need you to help them by trying to be as calm as possible.

**TRY THIS...** finding ways for you and your child to be calm and relaxed together but also take some time for yourself.



**BUILDING BLOCKS 4**

## Play with your baby

Pull faces when they are tiny. As they get older, play in the bath, on the floor or in the park. When your child plays it helps them learn new things.

**TRY THIS...** getting down to the same level as your child when you play. Have fun together.



**BUILDING BLOCKS 5**

## Talk and sing to your baby

Your child loves the sound of your voice and can recognise it even before they are born.

**TRY THIS...** take turns in pulling faces, making sounds, playing peekaboo, and talking with your child.

