

Parenting Support and Advice – Build Your Baby’s Brain

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’d 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 and decisions are important. Explore shapes, colours and textures with your baby.

RELAX

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

TOP TIPS

Try to have some time when you are just focused on the experience of being with your child, not on things you need to get done, or on people or events that have made you upset or angry.

CUDDLE

Your baby picks up signals from your body when you are close together. This switches 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 and comfort, food, a clean nappy, sleep. Pass your baby objects they are interested in (if they are safe).