

Top Tips

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

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

For further help and ideas you could look at

Health for under fives

www.healthforunder5s.co.uk

Talk to your baby

www.talktoyourbaby.org

What to expect when?

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

Hungry Little Minds

<https://hungrylittleminds.campaign.gov.uk>

Building a happy baby - a guide for parents

www.unicef.org.uk/babyfriendly

ROSPA

Keeping Kids Safe

www.rospace.com/Keeping-Kids-Safe

School Readiness

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

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

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Visit www.leicestershire.gov.uk/LCFP

Five to Thrive messages are included courtesy of Kate Cairns Associates. For more information, visit www.fivetothrive.org.uk



My first 1001 days



From conception to 2 years
Information for parent and carers



Respond

Did you know?

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

Try... turning off the TV or putting down your phone and making eye contact each time you interact with your child.



Relax

Did you know?

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

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



Play

Did you know?

Your child needs you to make life interesting for them. Take time to play - this could be in the garden, the park, the bath, on the floor, at the table.

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



Cuddle

Did you know?

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

Try... using different kinds of touch - cuddling, massaging, stroking and tickling games.

Did you know?

- From around 8 weeks pregnant your baby responds to touch.
- By 23 weeks your baby can hear sounds from the outside world.
- By the age of 2 your child's brain is 80% developed.

That is why their first **1001 days** are so critical.



Talk

Did you know?

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

Try... taking turns in pulling faces, playing peekaboo, making sounds and talking with your child. Talk about the everyday things that you do together.