Wonderful Ones





What is happening to me?

In the first year of life my brain doubles in size.

The brain grows when connections are made between the cells in response to what is happening to me.



Everything you do with me sparks a new connection in my brain. The more you and I do together the stronger the connections become and turn into pathways.



When my brain develops and grows I am more likely to be a happy and successful older child and adult.

A healthy brain will make me happy, make friends and enjoy family life, as well as being the best start for learning in nursery and school.



My brain works in tune with you and I need you to be relaxed and calm. As your blood pressure drops so does mine. I know being a parent can be stressful but you will make a big difference to my brain development by you relaxing with me.

What can you do to help me

My body grows better when you feed me good food. My brain grows better when you do 5 simple things with me every day.....

Talk I love the sound of your voice. Sing, talk and read to me. Don't worry that I can't talk back yet I am learning how to through listening to you.

Play; I need you to help me play. Sit down at my level and see the world from my eyes. Explore with me, sing with me, take me outside and enjoy seeing the world with me.

Relax My brain grows better when you relax with me. I need you to help me manage stress—singing is good sometimes, but I also enjoy warmth, gentle sounds and soft lighting.

Cuddle I love cuddles you can't give me too many. I also like massage, stroking and tickling. As I grow I may need space but holding my hand let's me know you are still there for me.

Respond Respond to my cries and work out what I need, copy the sounds and faces I make to help me engage with you. Move me and turn me to see what you are talking about. Show me interesting items that are colourful, have sounds and textures and make noises.



Need more help

Talk to your Health Visitor, Children Centre—Family Support Team, Childminder, Day care practitioners and other Mums and Dads.





Together we can make it more wonderful

