



five to thrive

the things you do every day that help your child's growing brain

Your child's body grows better when you give the child good food

Respond • Cuddle • Relax • Play • Talk

The brain is amazing...



We already know that parents are the most important influences in children's lives, but recently we have discovered that how a parent behaves around their baby has a significant impact on how their baby's brain develops. If a baby's brain develops healthily they are more likely to be happy and successful as older children and adults.

These are your child's daily 'five to thrive' – the building blocks for a healthy brain.



A healthy brain will help your child be happy, make friends and enjoy their family life, as well as being the best start for learning once they go to school.



Your child's brain grows better when you do five simple things...

We know that every parent wants the very best future for their child, so we believe that all parents should know about this amazing research. We have produced some guides and information to help parents understand how the things they do every day can help their baby's brain.

For more information on how you can help shape your baby's brain go to:
www.hertfordshire.gov.uk/mybabysbrain

To find out about other local services available to support you and your baby, visit
www.hertfordshire.gov.uk/childrenscentres

Childhood Support Services
Because childhood matters

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