

Baby Babble and Bond



Scan the QR code with your mobile phone
to access a digital version of this booklet.



Parent Booklet

Welcome 😊

Hello and welcome to our 'Baby, Babble and Bond' group.

Baby, Babble and Bond is a FREE group session for families with babies around 0-12 months old (pre-walkers). Each session lasts 1 hour and includes:

- A hello and welcome – to check-in and get to know you
- Guided sensory songs and rhymes – to help build words for talking
- A weekly topic chat and safety tip – to provide you with the latest evidence-based advice on how you can support your child's development, keep them safe and look after your family's wellbeing
- Free play time – to provide you and your child with the opportunity to play with our toys and resources, connect with each other and others
- Guided calming songs – to get us ready to say goodbye

The sessions are facilitated by our Family Hub Practitioners and delivered in a number of Family Hubs and other community venues across Bolton.

About this booklet...

This booklet contains all the information that we aim to share within our Baby Babble and Bond (BBB) sessions over a 10-week rolling programme.

We hope this booklet will support you to access the BBB content at home and share this with any friends and family who are unable to attend the sessions.

Please let us know if you require this information in an alternative accessible format, for example, large print.

Also, if you need any additional help and support for you or your child then simply ask one of our practitioners or visit the link to our 'Family Hub Guide to Services and Activities' below for more information on the other sessions and services you can access in Bolton.

Visit www.boltonfamilyhubs.org.uk or scan the QR code



BBB Group guidelines

Please arrive on time

Having said that, we understand that getting out of the house with a baby can be difficult so if you are running late we would still encourage you to attend. If the session has already started, just come in, get yourself settled and take your place when you are ready ☺

Keep baby safe

Please take your baby out of their car seat and remove any outdoor clothing to prevent overheating and ensure you keep an eye on your baby throughout the session.

Respond to baby's needs and follow their lead

We encourage you to respond to your baby's needs by feeding them, changing them, letting them sleep, soothing them and comforting them as needed throughout the session.

Keep each other safe

Where families share their own personal experiences within group discussions, please respect each others confidentiality and refrain from discussing this outside of the group. We also ask that you don't attend if you and/or your baby are unwell.

Avoid using phones and taking photos

Please avoid using your phone during sessions where possible. Should you need to answer a call, please safely step outside of the room.

Any photos taken during the session must be of your baby only with no other members of the group or staff members visible in the background.

Be kind to yourself and others

Looking after a baby and coming to a new group can be really hard. Let's look after and support each other, a friendly smile and a hello can go a long way! And please let us know if there's anything we can do to support you ☺

BBB Songs (Simple and calming)

The Hello Song

“Hello <name>, how are you?
Hello <name> it’s nice to see you here”



Did you know that singing and repeating songs helps your baby to recognise sounds and learn new words

I Love You

“I love you, you love me, we’re a happy family,
with a great big hug and a kiss from me to you,
won’t you say you love me too”



Open, Close Them

“Open close them, open close them, don’t get in a muddle.
Open close them, open close them, give yourself a cuddle”



Wind The Bobbin Up

“Wind the bobbin up, wind the bobbin up, pull, pull clap clap clap!”
“Wind it back again, wind it back again, pull, pull, clap clap clap!”
“Point to the ceiling, point to the floor, point to the window, point to the door,”
“Clap your hands together, one, two three and put your hand upon your knee”
[Repeat first 3 lines and finish with...]
“Clap your hands together, one, two three and see how quiet you can be”

Head, shoulders, knees and toes

Head, shoulders, knees and toes, knees and toes.
Head, shoulders, knees and toes, knees and toes.
And eyes and ears and mouth and nose.
Head, shoulders, knees and toes, knees and toes.



BBB Songs (for daily routines)

Tidy up song

*"Everybody tidy up, tidy up, tidy up,
Everybody tidy up its tidy up time.
Everybody tidy up, tidy up, tidy up,
Everybody tidy up, just like me!"
(London bridge style)*

Nappy change song

Change Your Nappy lyrics

*Change your nappy now,
Change your nappy now,
Change your nappy, make it snappy,
Change your nappy now.*

*Wipe your bottom clean,
Wipe your bottom clean,
Change your nappy, make it snappy,
Change your nappy now.*

*New nappy goes on,
New nappy goes on,
Change your nappy, make it snappy,
Change your nappy now.*

*Change your nappy now,
Change your nappy now,
Change your nappy, make it snappy,
Change your nappy now.*

Sleep

*Go to sleep, baby child,
Go to sleep my little baby,
Hush-a-bye, don't you cry,
Go to sleep my little baby.*

*When you wake you will have
All the pretty little horses
Blacks and grays, dapples and bays
Coach and six little horses,
Hush-a-bye, don't you cry
Go to sleep my little baby.*

Good morning

*Good morning, good morning,
Good morning to you!
Good morning, good morning.
I'm glad to see you!*

BBB Songs (Calming nursery rhymes)

Incy wincy spider

*“Incy Wincy spider climbed up the water spout
Down came the rain and washed the spider out
Out came the sunshine and dried up all the rain
And Incy Wincy spider climbed up the spout again”*



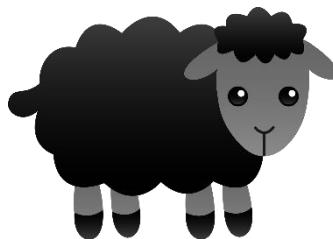
Twinkle twinkle little star

*“Twinkle twinkle little star.
How I wonder what you are.”
“Up above the world so high.
Like a diamond in the sky.”
“Twinkle twinkle little star.
How I wonder what you are.”*



Baa baa black sheep

*“Baa, baa, black sheep,
Have you any wool?
Yes sir, yes sir,
Three bags full.
One for the master,
One for the dame,
And one for the little boy
Who lives down the lane”*



Goodbye Song

*“Goodbye everyone, goodbye everyone, goodbye everyone,
it was nice to see you here”*



BBB Songs

Round and Round the Garden

*“Round and round the garden, like a teddy bear,
one step, two steps and tickle you under there”*



I'm a Light and Fluffy Feather

*“I'm a light and fluffy feather, I flutter through the breeze, and
When I tickle you under your nose I make you want to sneeze. AHHH CHEW.
I tickle you under here, I tickle you under there, I tickle
Your nose, I tickle your toes, I tickle you everywhere!”*



Can you Shake your Egg (to the tune of London Bridge)

*“Can you shake your egg with me, shake your egg along with me.
Can you shake your egg with me, now put it on your **tummy** [head/ hand/ leg]”*



If You're Happy and You Know It

*“If you're happy and you know it...clap your hands
if you're happy and you know it...clap your hands”*



*“If you're happy and you know and you really want to show it,
if you're happy and you know it...clap your hands”*

[Repeat with touch your nose / pat your head / shake your egg / ring your bell]

Shaky, Shaky

“Shaky, shaky, shaky, shaky up and down (x3)

Clap your hands together 1,2,3.”

“Shaky, shaky, shaky, shaky side to side (x3)

Clap your hands together 1,2,3.”

“Roly poly, roly poly all around (x3)

Clap your hands together 1,2,3.”



“Wibble wobble wibble wobble side to side (x3)

BBB Songs

Row, Row, Row your Boat

“Row row row your boat, gently down the **stream**,
merrily merrily merrily merrily, life is but a dream.



“Row row row your boat, gently down the **stream**,
if you see a **crocodile**, don’t forget to **scream**”



“Down the **river**...if you see a **polar bear** don’t forget to **shiver**”



“To the **shore**...if you see a **lion** there don’t forget to **roar**”



“Rock, rock, rock your boat, gently side to **side**,
if you see a **jelly fish**, don’t forget to **hide**!”



Like to Ride My Bicycle

“I like to ride my bicycle, I like it very much,
but when I see a traffic light I know I have to stop.
Red, amber, green...go!!”

Let’s ride it to the shops...



“I like to ride my bicycle I ride it to the shops,
but when I see a traffic light I know I have to stop.
Red, amber, green...go!!”

[Repeat with...let’s ride it to the zoo / farm / park]

Jumping Bean

“**<name>** is a jumping bean, the biggest beans you’ve ever seen.
He/she can jump so high...He/she can almost touch the sky!”



BBB Songs

The Grand Old Duke of York

*“The grand old duke of York, he had 10,000 men,
he marched them up to the top of the hill and he marched them down again.”*

*“And when they were up they were up,
and when they were down they were down,
and when they were only half way up they were neither up nor down”*

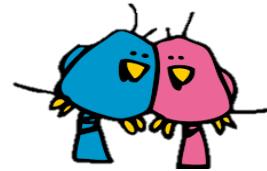
*“He marched them to the left, he marched them to the right,
he marched them down the middle, oh what a funny sight”*

“Trot trot to Bolton, trot, trot to town, trot trot to Bolton but don’t fall down!”



Two Little Dicky Birds

*“Two little dicky birds sitting on a wall,
one called Peter, one called Paul.”*



“Fly away Peter, Fly away Paul”

“Come back Peter, come back Paul.”

I Hear Thunder

*“I hear thunder, I hear thunder
hark don’t you, hark don’t you.”*



*“Pitter patter rain drops, pitter patter rain drops,
I’m wet through, so are you.”*

Rain Rain Go Away

*“Rain rain, go away, come again another day
Mummy wants to play, rain rain go away!”*

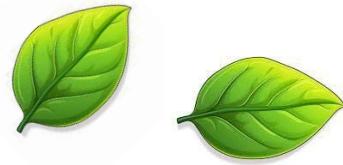
*“Rain rain, go away, come again another day
Daddy wants to play, rain rain go away!”*



BBB Songs

Down in the jungle

*“Down in the jungle where nobody goes,
Are all the busy babies washing their clothes”
“With a rub a dub here and a rub a dub there,
That’s the way they wash their clothes”*



*“With a bump, a bump, a boogie woogy woogy, (x3)
That’s the way they wash their clothes, yeah!”*

Sleeping Bunnies

*“See the little bunnies sleeping 'til it's nearly noon
Shall we wake them with a merry tune?”
“They're so still, are they ill?
No! Wake up, bunnies!”*

*“Hop little bunnies, hop, hop, hop
Hop little bunnies, hop, hop, hop
Hop little bunnies, hop, hop, hop
Hop little bunnies, hop and stop!”*



Tiny Tim

“I have a little turtle, his name is Tiny Tim, I put him in the bathtub to see if he could swim. He drank up all the water, he ate up all the soap, And now he's lying in his bed with bubbles in his throat, bubbles, bubbles, bubbles, POP!”

You are my sunshine

*“You are my sunshine, my only sunshine,
You make me happy, when skies are grey”
“You'll never know, dear, how much I love you,
Please don't take, my sunshine away.”*



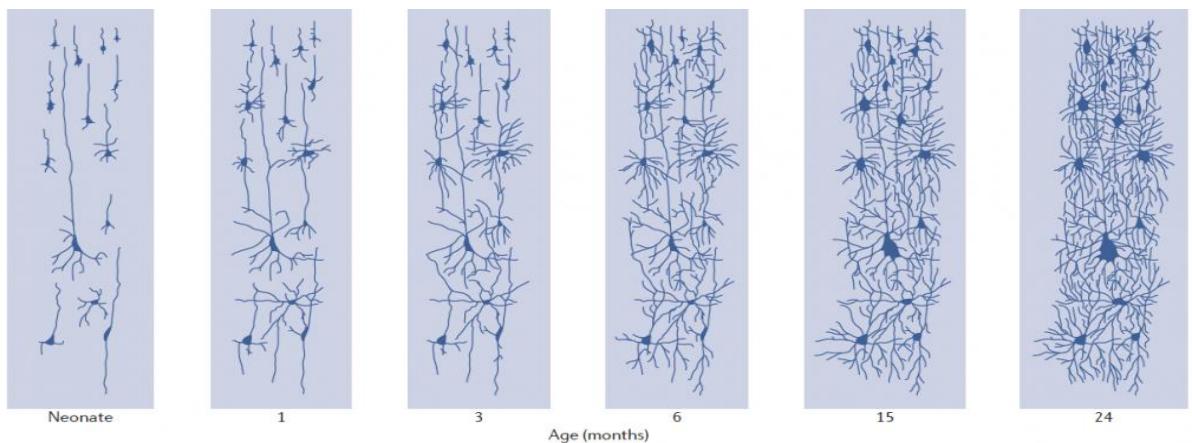
BBB Topic chats

	Topic	Safety tip
1	Building Baby's Brain	Keeping Safe and Trusted sources
2	Building Relationships	Common Illnesses
3	The Importance of Play	Toy Safety
4	Parenting and routines	Pet and Road Safety
5	Top tips for bedtimes	Safe sleep and Bathtime
6	Taking Care of You	Getting extra support
7	Physical Development	Preventing accidents
8	Sensory Play	Screentime
9	Top tips for feeding	Food safety and chocking
10	Top tips for teeth	Checking teeth and gums

Week 1 – Building baby's brain

Your baby is AMAZING!

- Your baby's first 1000 days (from pregnancy until the age of 2) is one of the most important periods of your child's development
- From birth to 2 years old – your baby's brain develops at its fastest rate
- By 3 months old – your baby's brain has grown to 50% of its adult size
- Your baby is developing – *Emotionally, Socially, Physically & Cognitively*
- Your baby is born with millions of brain cells but they need to grow the connections between these brain cells in order to use them
- Connections are made when baby has an experience e.g. when they hear, see or touch something
- If experiences are repeated frequently, those brain cell connections become stronger and permanent, so the more positive repeated experiences your baby has in their first 3 months, the more connections they will keep
- The visual below shows the increase in brain connections over 2 years:



- To help build brain connections, babies like being spoken and sung to, touched, stroked, rocked, fed, cuddled, and comforted

- Scan the QR code to see [How babies develop brain connections](#)



Keeping safe and trusted sources

As a parent, it can be difficult to know where to access reliable, trusted and evidence-based sources of information, advice and support.

During our BBB sessions we will only use and direct you to evidence-based sources of information, which will include the following:

- The NHS Website - www.nhs.uk/conditions/baby

- NHS Best Start in Life – Visit www.nhs.uk/best-start-in-life to sign-up for personalised emails providing advice and support for parents of under 5's



- The Solihull approach to parenting



The Solihull approach promotes emotional health and wellbeing for all children, their parents and families. Their team of experts have created a series of online courses for different ages and stages which provide useful frameworks, tools and ideas for parenting.



Go to www.togetherness.co.uk/learn/ create an account and access for free by entering the access code:
RIVINGTON

- Tiny Happy People - www.bbc.co.uk/tiny-happy-people



- Child Accident Prevention Trust - www.capt.org.uk

- The Lullaby Trust (Safe sleep) - www.lullabytrust.org.uk

Week 2 – Building relationships

- The emotional bond and the relationship you make with your child can set the scene for how they will develop and experience the world.
- Babies need a secure loving, safe and reliable relationship with at least one main caregiver who is sensitive and responsive to their needs in order to thrive.
- Taking time to cuddle, talk to, watch and respond to your baby will help you to 'tune in' to and meet your baby's needs which helps them feel safe and secure.
- When baby feels safe, secure and happy, they release the love hormone **Oxytocin** which helps them build their attachment to you. It also helps to reduce the stress hormone cortisol and when babies feel safe and secure, they are also more able to make those much needed brain connections too.
- So getting to know your baby helps build your relationship and their brain ☺

Baby States: Getting to know your baby

Throughout the day, your baby will pass through a series of 6 'states':

1. **Quiet alert**
2. **Drowsy or dozing**
3. **Light sleep**
4. **Deep sleep**
5. **Fussing**
6. **Crying**

Learning to recognise your baby's 'state' will help you know how to respond to your baby at different times e.g. when baby needs to play, sleep, cuddle, rest and feed.

For more info on bonding, attachment and baby states, visit:

- [Your Baby and You resource](#)
- www.aimh.uk/get-to-know-your-baby/



DID YOU KNOW? ...you can't spoil a baby by meeting their needs or cuddling!

Babies need cuddles and physical touch! Contact releases oxytocin which reduces stress hormones in babies and parents

[Scan the QR code to see - Why cuddling is so great for babies](#)



For services that support building relationships, visit the Family Hub Guide.

TEN TOP TIPS FOR THRIVING

Here are some simple things that we can all do to support children's social emotional development and wellbeing and give our children the best start in life.

1 "Our special bond starts to form when you sing and talk to me before I'm even born"

2 "Seeing you calm and relaxed helps me to feel calm and relaxed too".

3 "I feel safe when you notice I need something and respond consistently"

4 "I need help calming down when I feel overwhelmed by strong feelings"

5 "I like it when you use predictable routines and tell me what's coming next"

6 "I like it when you recognise things I am doing well and celebrate with me"

7 "Meeting new people whilst being with you helps me to learn that interacting with others is safe and fun"

8 "I learn words to describe the feelings in my body when you watch me closely and wonder aloud what I may be feeling"

9 "If I'm struggling to manage my behaviour, talk to me calmly about why it's not okay and what I should do instead"

10 "I love it when you give me your undivided attention when we play together"



The Ten Tips for Thriving are part of Greater Manchester's work to give every child the best start in life.

Find out more at greatermanchester-ca.gov.uk

You can also find more tips, advice, activities and short films at www.bbc.co.uk/tinyhappypeople



Keeping safe – Help when baby is poorly

It's important to know which NHS services are available to support you when either you, your baby or other family members are unwell and how to access the right service for your needs.

For those living in Greater Manchester, the links below help you find out where to go for minor illnesses, eye and dental problems, mental health support, urgent help and more.

- [Get to know where to go - NHS services & links](#)



- [Information for parents and carers of under 5s](#)



- NHS 111 (available 24/7, 365 days a year)
If you're not sure what to do or where to go, go to NHS 111 online www.111.nhs.uk or you can call 111



- The NHS Website - www.nhs.uk/conditions/baby



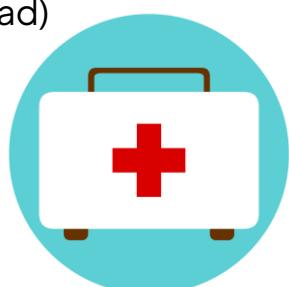
The Little Orange Book

(Created by Newcastle Gateshead CCG to provide expert advice on helping babies and young children when they are poorly) - [The Little Orange Book](#)



First aid websites: (Both of these have free apps you can download)

- www.redcross.org.uk/first-aid
- www.sja.org.uk/paediatric-first-aid/



Week 3 – The importance of Play

You are your baby's favourite toy!

- Baby will love to feel you, cuddle you, be held and rocked
- Your baby will love it when you talk, read and sing to them
- They will enjoy listening to your voice and watching your facial expressions – you can exaggerate these to attract their attention
- They will love to see you copy their noises, facial expressions and movements and then take their turn to respond to you
- Taking turns to copy each other is known as '**serve & return**' and is a great way to build your baby's brain connections



Useful videos, links and resources:

- Ted Talk - [how play can build your baby's brain](#)
- BBC Tiny Happy People - [bbc tiny-happy-people/play ideas](#)
- Words for Life - [Little Moments Together Cards | Words for Life](#)



SCHEDULE FOR THE WEEK FOR 0-12 MONTHS				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TALK THROUGH YOUR DAY 	MAKE UP A RHYME  BLOW RASPBERRIES 	STIMULATE WITH TOUCH  PLAY WITH PEEKABOO 	LISTEN FOR SOUNDS  SENSORY SURPRISE TUBE 	ONE TO ONE TIME  LOOK AT THE LAUNDRY 
CHAT THROUGH NAPPY CHANGES  WHAT'S IN THE BAG? 	READY, STEADY, GO GAMES 	POINT & NAME GAME 	NOISY PLAY TOGETHER 	CUDDLE TIME TOGETHER 

The importance of following baby's lead: [Following baby's lead](#)

Give your baby space to safely explore their surroundings on their own terms and notice what grabs their attention. You can name and describe the things they are interested in to help them learn words. Following their lead can also reduce frustration and increase their attention span.



TEN TOP TIPS FOR TALKING WITH BABIES

together
we are
GREATER
MANCHESTER

Here are some really simple things that you can do to support the development of your baby's speech, language and communication skills, from before they're born to 2 years.

1 I start to learn even before I am born and can hear your heartbeat, and from 23 weeks I can hear sounds outside your body.

2 Hearing your voice when you talk, read or sing helps me to recognise you when I am born. This builds a bond between us which makes me feel safe and secure. I can even recognise the voices of other special people.

3 I even love to listen to your favourite piece of music regularly; this can soothe me when I am born.

4 Gently touch or rub your tummy, when you are talking to me, it's a great way for us both to relax.

5 I will find your voice calming as soon as I am born because I already know it.



6 Talk to me in our home language. This is the language you know best and the one you feel most confident using.

7 I love it when you are close to me and I can see your face.

8 Stroke me, talk gently to me and wait for me to respond. Sometimes I will make little sounds or movements. Copy me, wait for me to respond and see what I do.

9 Look me in the eye and talk to me all the time; I love to hear your voice! I start to learn rules about language as soon as I am born.

10 I may not use words, but I am still communicating with you. Try to work out what I am telling you.

The Ten Tips for Babies are part of Greater Manchester's work to give every child the best start in life.

Find out more at greatermanchester-ca.gov.uk
You can also find more tips, advice, activities and short films at www.bbc.co.uk/tinyhappypeople



5 GOLDEN RULES FOR COMMUNICATION



Bolton Family Hubs

Eye to Eye

Get down on the child's level so you can see their face and they yours.



Kneel during bathtime, sit on the floor with your child or sit your child on your knee.

10 Seconds

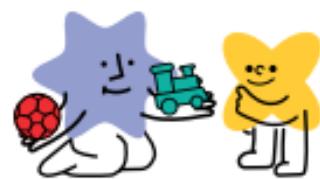
Wait 10 seconds, watching and listening to give the child a chance to take a turn.



Count to ten slowly in your head.

A or B

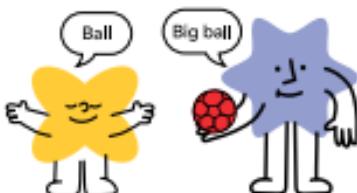
Offer choices as often as possible throughout the day. Show and name the alternatives.



For example, "Do you want ball or train?"

Model and Extend

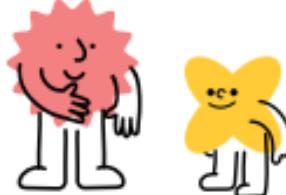
Whatever stage a child is at, repeat what they do or say and add one word.



For example, your child points to a ball, you say "ball". Your child says "ball", you say "big ball". They say "big ball", you say "yes, big red ball".

Actions Speak Louder than Words

Use actions, facial expressions and tone of voice to help children understand and make new words stand out.



For example, rub your tummy and say, "are you hungry?"

Amazing Facts

At just 6 weeks, babies can tell when someone has a cheerful voice or an annoyed one.

Storytelling and nursery rhymes build connections in children's brains, and their brains grow at an amazing rate at this age. By their first birthday, a child's brain is already 60% the size of an adult's.

Being bilingual is an advantage! Children who learn more than one language have more connections and activity in the memory, attention, and language areas of the brain.

Scan the QR code for videos



For in-depth advice on nurturing child communication, reach out to the Bolton Early Years Communication and Language Development Service (EYCLDS). Tel: 01204 338349 | Email: EYCLDS@boltonft.nhs.uk

Keeping safe – Toy safety

Toy Safety:

Toys bought from reputable brands are made to be safe. When buying from online marketplaces from unknown sellers these toys can sometimes be dangerous. Use the links below to see advice and tips on toy safety from Child Accident Prevention Trust.

- [Buy safe toys | Child Accident Prevention Trust](#)
- [CAPT_ToySafety_factsheet.pdf](#)



5 top tips for buying safe toys online

Take care when shopping at marketplaces online (think of websites like AliExpress, Amazon, eBay, Etsy, Groupon, Joom, OnBuy, Shein, Temu, TikTok Shop and Wish). There might be dangerous products that haven't been safety checked.



Buy toys from brand names you know. If you've never heard of the seller and the price is really tempting, the toy could be dangerous.



Be really careful when buying for under 3s as they're most at risk from dangerous toys.



Watch out for cheap copies of popular toys. They may not be made to UK safety standards.



Check if the toy has been removed from sale because it's unsafe. Visit [gov.uk](#) for a list of recalled products.



If you buy something that looks unsafe, trust your instincts and send it back.

Week 4 – Parenting and routines

How you respond to your child's feelings, needs and behaviours through everyday interactions can have an impact on their social and emotional health.

Parenting can be a balancing act. Most parenting approaches promote a parenting style in which a parent is:

- **IN CHARGE** – As the adult, the parent establishes and maintains the routines, limits and boundaries needed to provide safety and ensure key aspects of the child's wellbeing e.g. nutrition, sleep, play, safe environment
- **RESPONSIVE** – Whilst being in charge, the parent is also aware of and responds to their child's needs, feelings and preferences with understanding and warmth and can provide choices, support and comfort where needed.

Routines are good for family life!

- Establishing routines can help you to stay in charge as a parent.
- Predictable routines help your baby to understand what will happen, and when, throughout the day, which helps them to feel safe and secure.
- Consistent routines become the anchor for your baby's day and provide opportunities for you to have quality interactions with them which help strengthen your bond and build skills for talking.
- It can be particularly helpful to think about building consistent yet flexible routines for feeding, eating, naps, tooth brushing and bedtimes.
- Scan the QR code to see – [Building routines with kids](#)



Keeping safe – Pet and road safety

Children and dogs:

Your child and dog can create a special bond but it's important to always closely supervise them together as children cannot always read dogs body language. If you feel your dog looks uncomfortable, you need to be prepared to step in or separate your child and dog if you feel either's behavior is unsafe or they look uncomfortable.



- [Dogs and Children | Top tips to keep them safe and happy together](#)



- [Your-dog-and-your-new-baby-fact-sheet-2023.pdf](#)



- [Child-safety-around-dogs-fact-sheet-2023.pdf](#)



Road Safety:

Teaching children from a young age about the dangers of roads and how to behave around them is an important part of keeping them safe.

- [Road Safety For Children | Child Accident Prevention Trust](#)



- [roadsfactsheet.pdf](#)



Week 5 – Top tips for bedtimes



- BBC Tiny Happy People - [Tips for a calmer bedtime routine](#)



- Togetherness sleep videos - www.togetherness.co.uk/sleep/



For more info on sleep visit:

- Tiny Happy People - [www.bbc.co.uk/thp/what are wake windows?](http://www.bbc.co.uk/thp/what-are-wake-windows)
- Basis (infant sleep) - www.basonline.org.uk
- The NHS Website - helping-your-baby-to-sleep
- Cry-sis (Crying/sleepless) - www.cry-sis.org.uk
- ICON (Infant crying) - www.iconcope.org



Keeping safe – Safe sleep and bathtimes

Safe Sleep:

For advice and information on safe sleep please use the links below which will take you to the Child Accident Prevention Trust resources and Lullaby Trust resources:

- [Suffocation | Child Accident Prevention Trust](#)
- [250403_BreatheEasyFactSheet.pdf](#)



Preventing sudden infant death syndrome (SIDS):

Is the sudden, unexpected and unexplained death of an apparently healthy baby, affecting around 200 babies each year. SIDs is rare but most common in the first 6 months of life. For more info, visit:

- The Lullaby Trust (Safe sleep) - [www.lullabytrust.org.uk](#)
- [Safer sleep information | The Lullaby Trust](#)
- [Safer-sleep-guide-for-parents.pdf](#)



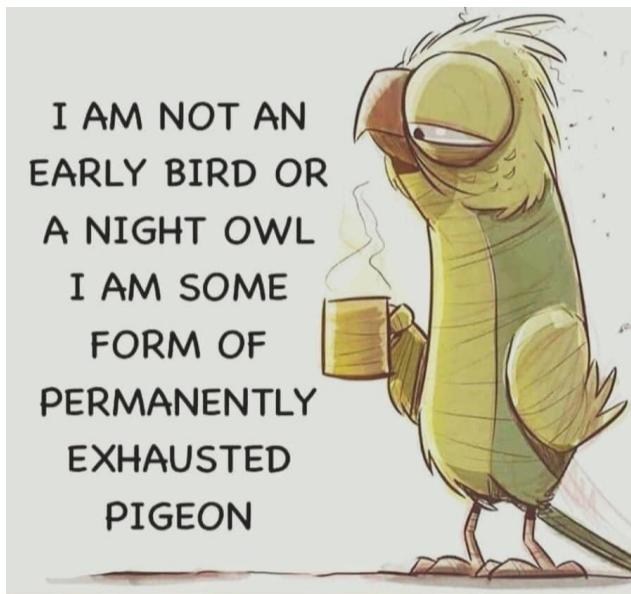
Bathtime:

Bathtime can be an enjoyable part of the day, but it's important to keep safety in mind as many accidents can happen in the bathroom. Please use the links below to find out top tips for a safe bathtime.

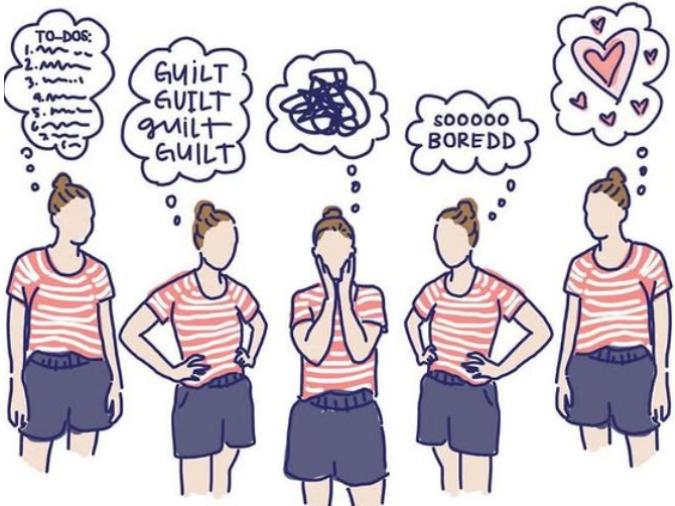
- [Safe baby bath time: Top safety tips for parents and carers](#)
- [Child drowning prevention: Water safety for kids](#)



Week 6 – What's it like to be a parent?



Moods of Motherhood*



*ALL USUALLY EXPERIENCED WITHIN THE SAME DAY OR EVEN THE SAME HOUR (MINUTE?)

@momlife_comics



Week 6 – Taking care of you

Becoming a new parent is a huge transition and a big adjustment.

- Babies are born helpless – they are completely reliant on you to look after them and meet their needs to feel safe and secure, it's a big responsibility.
- And on top of the sleepless nights, with parenthood, there can come lots of mixed emotions and additional worries, pressures and stressors to deal with. E.g. *lack of sleep, birth trauma, feeling unwell/sore, baby unwell/unsettled, feeding issues, not knowing what to do, too many choices, mess/chores, work/money/housing/family/relationship issues, feeling sad, lonely, numb, anxious, tired, bored, overwhelmed, failure, guilt*
- Many parents can feel overwhelmed trying to keep on top of the daily tasks they previously managed well before becoming a parent. It's not failing, it's just harder when you have less time, energy and capacity for these things.



Think of all the worries and stressors you might be feeling, as the rain filling up a bucket. At low levels, you can cope with and manage these stressors but as the bucket starts to get fuller, you can start to feel stressed, then overwhelmed and even overspill.

At this point, we need to take action to turn the tap and help release some of the pressure back down to manageable levels again...

- Many parents find it difficult to take care of themselves, either because they don't have time, opportunity or because they feel guilty or selfish for doing so.
- But taking care of you is not selfish. You can't pour from an empty cup. So looking after yourself is an important part of you looking after your baby.

Top tips:

- **Be kind to yourself**...take a moment to acknowledge that you are coping with a lot and that you are doing a good job!
- **Aim for good enough**...you don't have to be the perfect parent
- **Take steps to look after** yourself...try the 5 ways to wellbeing...

Week 6 – Taking care of you

The 5 ways to wellbeing	Example	This week I will...
1. CONNECT WITH OTHERS with friends, family, colleagues	Attended new baby group, met up with a friend, tea at mums on Sunday, asked partner for help	
2. BE ACTIVE get outdoors, walk, run, play, dance, stretch	Went for walk with pram, danced to favourite song on, stretched whilst watching TV	
3. TAKE NOTICE of your body, surroundings, feelings, thoughts	Paid attention to breathing, noticed the birds on my walk, listed 3 things I'm grateful for today	
4. KEEP LEARNING Try/learn something new, achieve a goal	Learnt the words to some new baby songs, watched a video on baby brain development	
5. GIVE to others	Smiled at/welcomed new mum at baby group, looking after my baby	
Relax/treat yourself: Nap, bath, paint nails, get hair done, massage, read		
Other helpful things: Eat well, drink water, sleep/rest, talk to others, write worries down, positive self talk, mindfulness, art/crafts, ask for help or advice/support		

For more information on how to manage your general wellbeing as a new parent, visit: [BBC Tiny Happy People - Tips for Parent Wellbeing](https://www.bbc.co.uk/tiny-happy-people/tips-for-parent-wellbeing)



Keeping safe – Getting extra support

Sometimes, despite taking care of yourself, you might be finding your experiences or the demands of parenting difficult to cope with, or be struggling with managing symptoms of anxiety, depression and/or other mental health conditions. If so, there are resources and services that can help.

- The NHS website – [Mental health conditions – NHS](https://www.nhs.uk/conditions/mental-health/)



- Qwell – Mental health support for adults – www.qwell.io



- NHS Every Mind Matters – [every-mind-matters](https://www.nhs.uk/every-mind-matters/)



- You can access the Solihull online courses for adults: ‘*Understanding your relationships*’ and ‘*Understanding your own trauma*’

- For information on services providing support for families with under 2's in Bolton, see the Family Hubs Guide to services booklet (link on page 2) and visit the ‘Perinatal Mental Health’ pages.

- You can also view a collection of useful links and resources created by the NHS Baby in Mind/Parent Infant Relationship Service (PAIRS) here <https://bit.ly/40JpHuG>



- You can also view additional support in ‘Support for parents’ section of the Family Hubs Guide to services.

Week 7 – Physical development

Freedom and range of movement:

- Physical activity should be encouraged from birth, particularly through floor based and water-based activities in safe environments.
- Freedom of movement - allowing our baby to have freedom to kick and move their arms in comfortable clothing. Babies should have limited time in prams, bouncers and car seats.

What is tummy time and why is tummy time important?

- Tummy time helps to build and strengthen muscles needed for sitting up, rolling and crawling.
- Your baby will also get to see a different view of the world!

How can I promote tummy time?

- You can introduce tummy time from birth when baby is awake.
- Start by introducing it little and often and then build up gradually.

Your baby can enjoy tummy time in various ways:

- Lying on your chest or lap
- On the floor
- Roll up a blanket to place under their armpits
- Different environments
- Use toys and visuals
- Get on their level – sing, play & interact

For more top tips and videos on tummy time, visit the QR link below:

[What is 'Tummy Time' - BBC Tiny Happy People](https://www.bbc.co.uk/tiny-happy-people/tummy-time)



Week 7 – Physical development

Enabling environments

- Environments that encourage exploration and play support physical development.
- Offering a range of activities for your baby allows them to choose what they engage with which promotes independence and the opportunity to discover new skills. Putting interesting things beside baby encourages them to reach out and grasp, roll or crawl towards them depending on their age and stage of development.
- Exposure to new environments both indoors and outdoors allows your baby to learn about the world around them. While play in the familiar predictable places allows them to practice new skills learned.
- In the early years there are lots of key milestones which take place developing gross motor skills and fine motor skills, where babies learn balance, co-ordination and dexterity.
- Every child is unique and will learn in their own way in their own time, there are things you can do to support their physical development and learning. For some examples, take a look at the QR codes below.

Useful links:

- [Why sitting up is important for language learning](#)



- [When do babies start crawling?](#)



- [Walking is good for language development](#)



- Early Movers – activity ideas



TEN TOP TIPS FOR MOVEMENT - BABIES

AGE
0-1
BABY

together
we are
**GREATER
MANCHESTER**

Babies need to be physically active from birth; moving, stretching, kicking, looking, grabbing, wriggling and wiggling. Below are some top tips you can do at home, throughout the day to support your baby's physical development.

1 **Move with me.** I love music and movement. Hold me and move around the living room with me or lie down and balance me on you so we can move together.

2 **Put me on my tummy , on the floor or on your chest.** I need tummy time to strengthen my muscles that I'll need to crawl.

3 **Give me something to look at.** Bubbles are a great way to get me to move my eyes and strengthen my eye muscles.

4 **Help me to crawl.** When I'm on my tummy, put my favourite object in front of me to encourage me to move.

5 **Make my bath time fun.** Keep smiling and looking at me when I'm in the bath and try and make it as fun as possible, with splashes and playful noises.

6 **Let me explore.** I like to explore and experiment, by myself and with your help. Let me reach out, and hold onto things, like holding onto the sofa to pull myself up.

7 **I love to roll around.** This helps me develop my balance and strength. Help me roll from front to back and back to front.

8 **Take me out my pram, high chair and car seat for tickles and touches.** I love to kick my feet and wiggle about!

9 **I don't need fancy toys.** I just need things to help me reach and grasp, pull and push. Tupperware, empty boxes, and rolled up newspaper are ideal.

10 **Play with me.** Get down on my level, this helps me to engage with you. Involve my senses in play; smell, touch, taste, sight, listening.

All activities can be adapted for those with disabilities. Support your child to move as much as possible (arms, legs, head). If in a wheelchair and there's room, spin on the spot and move around; build up the energy in the room. Where movement is not possible as suggested, aid them to touch and feel the equipment to involve them in the activity.



The Ten Tips for Movement are part of Greater Manchester's work to give every child the best start in life. Find out more by visiting: greatermanchester-ca.gov.uk

Keeping safe – Preventing accidents

Preventing accidents:

It's important as your baby grows to give them the freedom to move and develop physical skills. As they get older, they will want to explore their environment more and more!

We can't prevent our children from ever having an accident as they become more physically active, we can however make simple changes to prevent more serious accidents occurring.

Please use the links below to see the range of resources that offer information and advice on a range of topics such as, how to prevent strangulation and falls and car seat safety.

- [Strangulation | How to keep children safe](#)
- [Car seat safety: How to keep your child safe in the car](#)
- [Car seats | The Lullaby Trust](#)
- [How to prevent falls in children | Falls safety tips for families](#)
- [falls_factsheet_2024.pdf](#)



Week 8 – Sensory play and mark making

Sensory Play supports all aspects of child development

- Enjoying play which engages different senses helps baby to understand the world around them using hearing, sight, touch, taste and smell.
- Sensory play doesn't need to be elaborate; it can be as simple as you playing games with your baby involving touch, like blowing raspberries on their belly or stroking their hand while singing nursery rhymes.
- Using everyday objects to make Heuristic baskets is another great way to engage your baby in sensory play allowing them to explore the different objects and spark their curiosity and imagination. This type of play will also build their concentration.
- Other activities that are good for sensory play are things like playdough, pasta, sand or splashing in the bath.
- Mark making using paints is another type of sensory experience young children and babies enjoy. You may find the first marks babies start to make are during mealtimes smearing food or a split drink with their fingers.
- Giving babies freedom to make marks using different textures helps them to build muscle control needed as they grow to hold pencils and paintbrushes which creates the building blocks for writing skills. Which is why mark making can be referred to as Early Writing.

- [The Parent Manual: Sensory play - BBC Tiny Happy People](#)



- [What is sensory play? - BBC Tiny Happy People](#)



Keeping safe – Screen time

Screen-Time



- Screens are now in most households whether that be phones, tablets or TVs.
- In the Early Years, screen-time is not recommended to allow time for building bonds and key interactions between main care givers and baby. Those strong bonds will allow all aspects of development to flourish.
- Children are hardwired to recognise human faces and seek them out. They need human interaction to build the social skills needed for their future. Serve and return (when one person says or does something and another responds) is a key part of human interaction which cannot be replicated with screens.
- Children are born with an instinct to want to play but they need enabling environments to encourage this, too much screen time does not create an enabling environment for play to thrive.

- [How is screen time affecting children? - BBC Tiny Happy People](#)



- [A parent's guide to screen time – Cbeebies](#)



- [Learning and Development – Bolton Start Well](#)



Week 9 – Top tips for feeding

- Feeding a baby helps you to provide love, care, connection and ‘nutrition’.
- For the first 6 months of life, breast and/or formula milk will provide your baby with all the energy and nutrients they require to grow well.
- Between 6–12 months, breast and/or formula milk will continue to provide your baby with their main source of nutrition, alongside food, until 1 year old.
- Looking for and responding to the early signs of hunger in your baby will help you to feed responsively so your baby feels satisfied, listened to, safe and secure. They then release feel good hormones which helps build your bond and baby’s brain.
- Also, when you respond to your baby’s fullness cues by stopping when they have had enough, they learn they are trusted by you to stop when ready.
- This protects their ability to listen to their body, self-regulate and develop a positive relationship with food later on.

Scan the QR codes or click the links below to view a collection of written resources, links and videos on how to:

- **Breastfeed your baby** – <https://bit.ly/3KQdXho>



- **Safely bottle feed your baby** – <https://bit.ly/3shHKJs>



You can also visit the Infant Feeding pages within the Bolton Family Hubs guide to services and activities for information on services that can offer you support.

Other useful information:

- NHS Best Start in Life – www.nhs.uk/best-start-in-life/
- The NHS Website – www.nhs.uk/conditions/baby/
- National Breastfeeding Helpline –24 hours, 365 days a year – 0300 100 0212

Week 9 – Introducing solid foods

From 6 months onwards, your baby will start to need more energy and nutrients than milk alone can provide so will need to be introduced to solid foods alongside their milk.



What do we mean by ‘introducing solid food’?

Introducing solids, weaning and complimentary feeding describe:

- The process of moving baby from a milk only diet to one that includes them eating a range of foods and textures, alongside their milk, by one year old.
- It’s a *slow gradual process* between 6–12 months and beyond.
- At first, any solid food given to baby is done so *in addition* to their milk feeds, to *compliment* their milk rather than replace it.
- The type, texture and amount of food offered will slowly build as your baby develops new skills and learns to enjoy eating foods.
- Once your baby is taking in more energy and nutrition from food, the amount and frequency of their milk feeds will slowly reduce.

For more information about when’s best to introduce solid foods and recognise the signs that your baby is safe and ready to start...
Scan the QR code or visit <https://bit.ly/4fOuKiP>



Other useful information:

- NHS Best Start in Life- www.nhs.uk/best-start-in-life/weaning
- First Steps Nutrition – www.firststepsnutrition.org and search for their guide: ‘*Eating well: the first year*’
- BBC Tiny Happy People - [Tips and Advice for Mealtimes](https://www.bbc.co.uk/tiny-happy-people/tips-and-advice-for-mealtimes)



Keeping safe – Food safety and choking

Food safety and choking:

Use the links below to find useful resources and videos on preparing food safely and safety from choking:

- [Preparing food safely for babies - Best Start in Life – NHS](#)
- [Choking and gagging on food - Best Start in Life – NHS](#)

- [Safe from choking | How to prevent choking in children](#)
- [choking_factsheet_2024.pdf](#)



First aid : (British Red Cross & St John Ambulance...both have free apps)

- [www.redcross.org.uk/first-aid-for-babies-and-children](#)
- [www.sja.org.uk/paediatric-first-aid/](#)



Week 10 – Top tips for teething and teeth

Scan the QR code to see – [Tips for teething and looking after teeth](#)



- Baby teeth generally start to come through from 6 months but they won't have their full set of baby teeth until they are around 3 years old.
- When teething, your baby might feel pain, drool, want to rub their gums and bite or chew more. They might be irritable, wakeful, develop a rash on their face or bottom and in some cases develop a mild temperature.
- You can offer cool teething toys for them to chew on, breastfeed, apply teething gels/liquids/oils and/or give sugar-free infant paracetamol to help.

Toothbrushing

- Start to brush as soon as your baby's first tooth appears (around 6 months)
- Brush teeth twice a day, once before bed and at another time to suit you
- Use a smear of toothpaste (that contains no less than 1000ppm fluoride)
- There's no need to rinse after brushing, we want the fluoride to stay on your baby's teeth to offer them the best protection

Scan the QR code to see – [Top tips for children's teeth from our Oral Health Team](#)



Introduce a free-flow cup:

- From 6 months, introduce a free-flow cup with water at mealtimes
- Aim to stop the use of baby bottles by the time your baby turns 1 year old, swapping to free-flow or open cups for all drinks instead.

Visit a dentist:

- Take your baby to the dentist as soon as they get their first tooth, then attend regularly after that to get your baby used to going to the dentist
- NHS dental care is free under 18 year olds and new mums (for 12 months)
- To find a dentist, visit the NHS Choices website at www.nhs.uk or ring NHS England on 0300 311 2233 for further advice.

Keeping safe – Checking teeth and gums

Use the links below to find useful advice and videos on tooth and gum care:

- Check your child's teeth every month to spot signs of tooth decay:

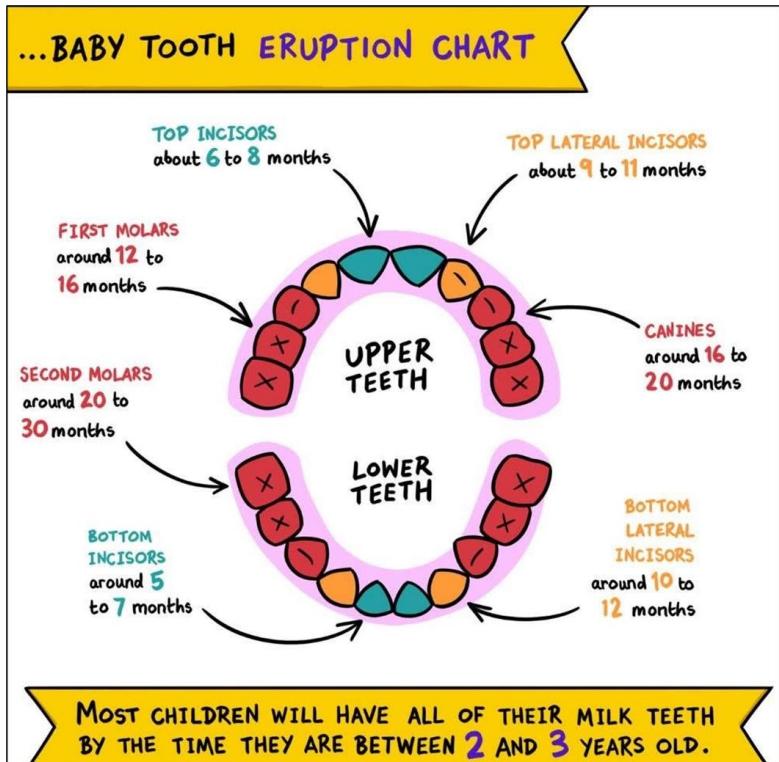
This video will explain how to [look inside for a healthy smile](#)



- [Baby and toddler tooth care - Best Start in Life – NHS](#)



- If you feel something is not right during these regular checks, or you feel your child is in pain with their mouth you can ring NHS 111 or visit their website www.111.nhs.uk for advice or contact your GP or Dentist.



Your feedback is
really important to us 😊

Please tell us what you think
of these sessions by clicking
on the link or scanning the
QR code below to complete
our session review form.

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