

Baby Babble and Bond



Parent Booklet

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

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 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



About this booklet...

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

This booklet contains all the guidelines, songs and information that we aim to share within our Baby Babble and Bond sessions over an 8 week rolling programme so that you can access the content at home and share any useful information with friends and family who are unable to attend.

Any feedback? Tell us what you think of our sessions and/or our booklet by scanning the QR code and completing our review form

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 outdoor clothing to prevent overheating and ensure you keep an eye on your baby throughout the session.

Follow your baby's cues

These sessions are baby led, so we encourage you to respond to your baby's cues by feeding, changing, letting them sleep, soothing and comforting them as needed.

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.

Phones / photos

Please avoid using your phone during sessions. 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/staff visible in the background, unless agreed.

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 let us know if there's anything we can do to support you ©

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.



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."



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 for get 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!"**

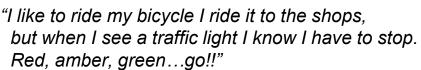


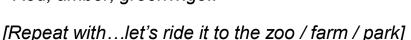


Like to Ride My Bicycle

"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...







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!"



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!"

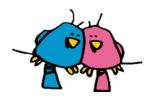


Two Little Dicky Birds

"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!"



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."



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"



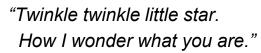
Twinkle twinkle little star

"Twinkle twinkle little star.

How I wonder what you are."

"Up above the world so high.

Like a diamond in the sky."





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"



Week 1 - Developing your 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 it's adult size
- Your baby is developing Emotionally, Socially, Physically & Cognitively
- Your baby is born with millions of brains 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 the same connection is used often it will become permanent, so the more positive repeated experiences your baby has in their first 3 months, the more connections they will keep
- Important experiences include being spoken and sung to, touched, stroked, rocked, fed, cuddled, and comforted
- Baby's create 1 million brain connections every second!

"What happens in these early years, has a lifelong effect on a person's health, wellbeing and life chances"













Week 1 – 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 and when feeling safe
 and secure, they are also able to make more brain connections as well.
- So getting to know your baby helps build your relationship and their brain ©

Learning more about your baby:

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

Quiet alert, drowsy or dozing, light sleep, deep sleep, fussing & crying

Learning to recognise your baby's 'state' will help you know how to respond to your baby at different times e.g. when does baby need 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 plus, skin to skin contact increases the release of Oxytocin which reduces levels of stress hormones in babies and parents
- Watch this video about Why cuddling is so great for babies



Many new parents can find it hard to manage their emotions or connect with their baby...if you need some extra support visit page 20 for more information

TEN TOP TIPS FOR THRIVING

together we are GREATER

MANCHESTER

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.

- "Our special bond starts to form when you sing and talk to me before I'm even born"
- "Seeing you calm and relaxed helps me to feel calm and relaxed too".
- "I feel safe when you notice I need something and respond consistently"
- "I need help calming down when I feel overwhelmed by strong feelings"
- "I like it when you use predictable routines and tell me what's coming next"

- "I like it when you recognise things I am doing well and celebrate with me"
- "Meeting new people whilst being with you helps me to learn that interacting with others is safe and fun"
- "I learn words to describe the feelings in my body when you watch me closely and wonder aloud what I may be feeling"
- "If I'm struggling to manage my behaviour, talk to me calmly about why it's not okay and what I should do instead"
- "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/



Keeping baby 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. This includes access to GPs, pharmacies, opticians, dental care, urgent care, A&E/999.



- Get to know where to go NHS services & links
- NHS 111 Visit www.111.nhs.uk or call 111
- The NHS Website www.nhs.uk/conditions/baby

The Little Orange Book - expert advice on helping babies and young children when they're poorly



Preventing accidents:

90% of serious preventable accidents in under-fives fall into five main areas: Threats to breathing, Falls, Poisoning, Burns/scalds, Drowning.

Child Accident Prevention Trust - <u>www.capt.org.uk</u>



CAPT - Child safety parent pack 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/

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) - <u>www.lullabytrust.org.uk</u>

Week 2 – 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







www.bbc.co.uk/ tiny-happypeople/play ideas



Words for Life - Little Moments Together Cards | Words for Life



The importance of following baby's lead:

When playing with your baby, give them space to safely explore their surroundings on their own terms and notice the things that grab their attention. You can then name and describe the things they are interested in to help them learn the words. Following their lead can reduce frustration and increase their attention span.

Watch this video to see it in action Following baby's lead

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.

- 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.
- 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.
- I even love to listen to your favourite piece of music regularly; this can sooth me when I am born.
- Gently touch or rub your tummy, when you are talking to me, it's a great way for us both to relax.
- I will find your voice calming as soon as I am born because I already know it.

- Talk to me in our home language. This is the language you know best and the one you feel most confident using.
- I love it when you are close to me and I can see your face.
- 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.
- 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.
- 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 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



Eye to Eye

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

10 Seconds

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

A or B

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



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



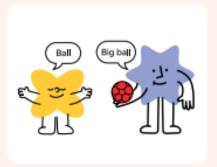
Count to ten slowly in your head.



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

Model and Extend

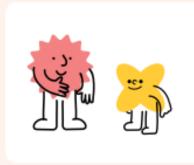
Whatever stage a child is at, repeat what they do or say and add one word.



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?"

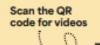
Amazing Facts

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





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







Week 3 - Positive Parenting

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

Studies of parent-child interactions describe 4 main parenting styles which differ in terms of how *responsive* the parent is to their child's needs, feelings and preferences as well as how *in charge* they are as an adult to establish and maintain routines, limits and boundaries needed for safety and wellbeing.

- Being in charge +

4 styles of parenting		
Authoritative	Authoritarian or dictatorial	
Indulgent or permissive	Neglectful or uninvolved	

+ Being responsive to child -

The Solihull approach to parenting



The Solihull approach promotes emotional health and wellbeing for all children, their parents, carers and grandparents so that they can thrive as kind, sociable and emotionally aware people throughout their lives.

Their team of experts have created a series of online courses for different ages and stages which provide frameworks, tools and ideas for parenting in a way that supports your child. Watch the video for more information. Solihull Approach video for parents



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



Pregnancy, baby and parenting advice from the NHS

Visit <u>www.nhs.uk/best-start-in-life</u> to sign-up for personalised emails providing advice and support for parents of under 5's



Week 3 – Positive parenting

Routines are good for family life!

- Predictable routines allow your baby to start to understand what will happen, and when, throughout the day, which helps them to feel safe and regulate their emotions as it allows 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 deepen strong bonds and build skills for talking.
- Having transition periods between the different routines helps children to adjust to the change, such as reading stories, calming baths.
- Tiny Happy People Routines with kids



Infant sleep:

- Newborn babies will likely sleep for 18 hours a day, 2-3 hours a time
- It can take months for a baby's day and night routine to establish.
- 'Sleeping through' is classed as a 5 hour stretch
- By 3 months old most (but not all) will settle for a 5 hour stretch
- By 5 months old half of babies will settle for an 8 hour stretch some nights

For more info on sleep visit:

- The NHS Website <u>helping-your-baby-to-sleep</u>
- Basis (infant sleep) <u>www.basisonline.org.uk</u>

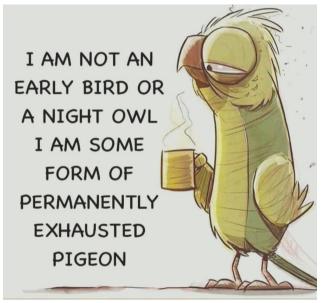
 DRC Tipy Happy Deeple. Tips for a calmor badtime routing
- BBC Tiny Happy People <u>Tips for a calmer bedtime routine</u>
- Visit section 6 of the Solihull 'Understanding your baby' course



Tips for keeping baby safe throughout the day:

- Child Accident Prevention Trust www.capt.org.uk
- The Lullaby Trust (Safe sleep) www.lullabytrust.org.uk
- Cry-sis (Crying/sleepless) <u>www.cry-sis.org.uk</u>
- ICON (Infant crying) <u>www.iconcope.org</u>

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 4 – 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 <u>not</u> 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 to be the perfect parent
- Take steps to look after yourself...try the 5 ways to wellbeing

Week 4 – 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. BEACTIVE get outdoors, walk, run, play, dance, stretch	Went for walk with pram, danced to favourite song on, stretched whilst watching TV	
3. TAKENOTICE 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



Week 4 – Taking care of you

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



• Qwell - Mental health support for adults - <u>www.qwell.io</u>



NHS Every Mind Matters - 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 5 - 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, move their arms, 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 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



Week 5 – 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



TEN TOP TIPS FOR MOVEMENT - BABIES



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.

- 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.
- 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.
- Give me something to look at.

 Bubbles are a great way to get me to move my eyes and strengthen my eye muscles.
- Help me to crawl. When I'm on my tummy, put my favourite object in front of me to encourage me to move.
- 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.

- 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.
- T love to roll around. This helps me develop my balance and strength. Help me roll from front to back and back to front.
- Take me out my pram, high chair and car seat for tickles and touches. I love to kick my feet and wiggle about!
- 1 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.
- 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**

Week 6 - Sensory play & 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.
- Natural resources are a fantastic way to enjoy sensory play, during the
 different seasons you can make the most of the changes to the environment.
 In autumn you can play with fallen leaves and pinecones or bring them inside
 and put them in a tray to play with. In winter you can play in the snow together
 and in spring and summer enjoy the flowers with their different smells and
 colours.
- Using everyday objects to make Heuristic baskets is another great way to engage your baby in sensory play allowing them to explore the different object 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



Week 6 – Sensory play & mark making

Screen-Time

- Screens are now in most households whether that be phones, tablets or TVs.
- In the Early Years screen-time should be kept to a minimum to give 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.
- Technology isn't all bad, it can support development if used in the right way.
 For example, if it is part of a calming routine after playtime to watch a video
 together of a nursey rhyme before their nap, watching the video together
 and singing along to the songs allows this experience to be another bonding
 time and makes it interactive.
- How is screen time affecting children? BBC Tiny Happy People



A parent's guide to screen time - Cbeebies



<u>Learning and Development – Bolton Start Well</u>



Week 7 – Infant 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 <u>all</u> 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





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 Better Health Start4life www.nhs.uk/start4life
- The NHS Website www.nhs.uk/conditions/baby/
- Association of breastfeeding mothers www.abm.me.uk
- National Breastfeeding Helpline -24 hours, 365 days a year 0300 100 0212

Week 7 - 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



You can also visit the Infant Feeding pages within the Bolton Family Hubs guide to services for a list of free NHS Baby's First Foods sessions for parents.



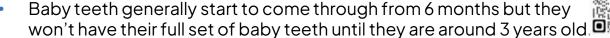
Other useful information:

- NHS Better Health Start4life www.nhs.uk/start4life/weaning
- BBC Tiny Happy People <u>Tips and Advice for Mealtimes</u>
- First Steps Nutrition <u>www.firststepsnutrition.org</u> and search for their guide: 'Eating well: the first year'



Week 8 – Top tips for teething and teeth

NHS - Tips for teething and looking after teeth





- 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

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 I 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 <u>www.nhs.uk</u> or ring NHS England on 0300 311 2233 for further advice.

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



Notes page

