

## Section 2

Below are 25 simple actions that will help to build relationships between parents and children

Please READ all actions on every sheet. Then tell us if you think these actions are helpful or not.

If you agree with an action, leave the box blank.



If you disagree with an action, cross the whole box

LOVING				
1 TOUCH	2 RESPONSIVE	3 SPENDING TIME	4 BELONGING	5 SECURITY
<i>a</i> Stroke, rub, pat and talk your bump when pregnant, Involve your partner and other children if you wish.	<i>a</i> Learn to recognise different cues from your baby – hungry/ sleepy/ lonely/ happy.	<i>a</i> Sit with your baby and gaze into his /her face – even when they are asleep.	<i>a</i> As parents, hold and cuddle your baby often to develop strong bonds, especially when feeding baby.	<i>a</i> Make sure baby is close and you are both comfortable when breast or bottle feeding.
<i>b</i> Try to have skin to skin contact as soon as baby is born.	<i>b</i> Copy your baby's babbling noises or child's new words and say them back.	<i>b</i> Find time to share things with your child – reading/playing/talking / singing/ watching TV together.	<i>b</i> Let your child see close and friendly relationships within your family and friendships.	<i>b</i> Help baby recognise that you will respond promptly to what they need when they cry.
<i>c</i> Have plenty of skin to skin contact as baby grows and keep baby close to you.	<i>c</i> Respond promptly to baby's feeding needs whether breast or bottle feeding.	<i>c</i> Spend quiet time before bedtime, reading/ rocking gently to calm baby before sleeping.	<i>c</i> Try to eat meals all together when possible.	<i>c</i> Talk and make sounds to and with your baby.
<i>d</i> Have lots of cheek to cheek snuggles, hand holding and cuddles with your child.	<i>d</i> Watch for your child's different mood changes.	<i>d</i> Plan simple activities and trips with the whole family or friends.	<i>d</i> Find simple things that parents and children can do together that are free.	<i>d</i> Give your baby/ child a mini massage when sitting together (hands , feet, arms knees)
<i>e</i> Sit close to your child when reading/ watching TV/ sitting with the family.	<i>e</i> Be ready with a hug and smile if things go wrong	<i>e</i> Spend time with your partner/ close friends – some "me/ you" time.	<i>e</i> Find places to go where you and your baby / child can meet other children and build friendships.	<i>e</i> Hold your child's hand when out and about.

For any boxes you have marked with a cross, please write the number and letter for each one in the space below, and say why you disagreed.

Below are 25 simple actions that will help to build relationships between parents

Please READ all actions on every sheet. Then tell us if you think these actions are helpful or not.

If you agree with an action, leave the box blank.



If you disagree with an action, cross the whole box

UNDERSTANDING				
1 SELF AWARENESS	2 SENSING	3 TRY THINGS	4 ENCOURAGEMENT	5 CONFIDENT
<i>a</i> Choose healthy behaviours for a healthy pregnancy; eating, being active, and relaxing.	<i>a</i> Have plenty of skin to skin contact as baby grows and keep baby close to you.	<i>a</i> Try different things that will help you relax when pregnant.	<i>a</i> Listen to good things people say about you being a parent.	<i>a</i> Work out a birth plan that suits your needs.
<i>b</i> Find time to relax and chill out during pregnancy.	<i>b</i> Make lots of eye contact with your baby/ child.	<i>b</i> Find activities that you can try to stay healthy – walking/ swimming/ dance.	<i>b</i> Help baby to get more active – lie on the floor with your baby for “tummy time” together.	<i>b</i> Listen to your body during pregnancy – sleep/ activity/ diet may change.
<i>c</i> Find time for yourself after baby is born to remind yourself you are still you.	<i>c</i> Hear the sounds/ noises /words your baby/ child makes.	<i>c</i> Help your baby/ child to try new experiences as they grow.	<i>c</i> Show your child positive ways to behave and praise successes.	<i>c</i> Learning about your baby’s cues will help you to respond with confidence that you meet their needs.
<i>d</i> Don’t expect to be the instant perfect parent, learn to be the best you can be.	<i>d</i> Talk to your baby often, before and after birth.	<i>d</i> Encourage your child to try different foods when weaning to experience different tastes, flavours, textures.	<i>d</i> Share new things with your baby / child, to learn how to make sense of the world around them.	<i>d</i> In time, help baby get to know other family members and friends so they feel confident and safe around them.
<i>e</i> Keep an eye on your emotional changes and find out who can support you when you need it.	<i>e</i> Find things around the home to make different sounds/ smells / light and dark/ textures.	<i>e</i> Allow your child to be daring and “risky” but in a safe way – running fast/ riding a bike.	<i>e</i> Show your child how to do things – using cutlery/ sitting still/ sharing toys. Be a positive role model.	<i>e</i> Help your child to explore their world themselves, be there if they need to feel safe.

For any boxes you have marked with a cross, please write the number and letter for each one in the space below, and say why you disagreed.

Below are 25 simple actions that will help to build relationships between parents and children.

Please READ all actions on every sheet. Then tell us if you think these actions are helpful or not.

If you agree with an action, leave the box blank.



If you disagree with an action, cross the whole box

COMMUNICATING				
1 EYE CONTACT	2 TOUCH	3 LISTENING	4 MAKING NOISES	5 EXPRESSIONS
<i>a</i> Have lots of eye contact with your baby/ child.	<i>a</i> Stroke, rub, pat and talk your bump when pregnant, Involve your partner and other children if you wish.	<i>a</i> Hear the different sounds your baby makes and learn what they mean.	<i>a</i> Copy your baby's babbling noises or child's new words and say them back.	<i>a</i> Use your eyes to show different expressions.
<i>b</i> When reading or playing look at your child's face often.	<i>b</i> Try to have skin to skin contact as soon as baby is born.	<i>b</i> Let your baby/ child hear different noises about the house and outside – washing machine/ vac/ radio/ birdsong/ aeroplanes.	<i>b</i> Hum and sing to your bump/ baby/ child.	<i>b</i> Show your baby different facial expressions – happy/ sad/surprised.
<i>c</i> Kneel or bend down to your child's level to have face to face contact and to chat.	<i>c</i> Hold your child's hand when out and about.	<i>c</i> Be open to listening to suggestions and ideas about being a parent.	<i>c</i> Let your child use household things to make noises – pans and spoons/dry rice in a sealed box/tubes for trumpets.	<i>c</i> Use your voice to make different verbal expressions.
<i>d</i> Try to use a pram where baby faces you for the first few months, or use a sling.	<i>d</i> Give your baby/ child a mini massage when sitting together (hands, feet, arms knees)	<i>d</i> Read or say stories and rhymes often so baby will start to copy sounds.	<i>d</i> Don't be afraid of baby's loud noises when they are testing their voices.	<i>d</i> Watch your baby's expressions and mirror them back for fun.
<i>e</i> As you feed your child, look into their eyes and think about everything you love about them.	<i>e</i> Find different textures and objects for your child to feel and talk about (rough/ smooth/soft/ bumpy/dry/wet)	<i>e</i> Learn to listen without talking over your child – let them say what they need to or feel.	<i>e</i> Help baby get used to different voices in your family.	<i>e</i> Use hand and body expressions to help communicate (waving hello, shrugging shoulders)

For any boxes you have marked with a cross, please write the number and letter for each one in the space below, and say why you disagreed.

Below are 25 simple actions that will help to build relationships between parents and children

Please READ all actions on every sheet. Then tell us if you think these actions are helpful or not.

If you agree with an action, leave the box blank.



If you disagree with an action, cross the whole box

RESPONDING				
1 TIME	2 SEEING	3 HEARING	4 TOUCH	5 KNOWING
<i>a</i> Take time to learn to recognise different crying noises from your baby – hungry/ sleepy/ lonely.	<i>a</i> Watch your baby's expressions and mirror them back for fun.	<i>a</i> Copy your baby's babbling noises or child's new words and say them back.	<i>a</i> Try to have skin to skin contact as soon as baby is born.	<i>a</i> Learn to recognise different cues from your baby – hungry/ sleepy/ lonely.
<i>b</i> Find time to share things with your child; reading/playing/talking / singing/ watching TV together and talk together about them.	<i>b</i> When reading or playing look at your child's face often.	<i>b</i> Let your child hear and join in your chats with other adults to learn how to have conversations.	<i>b</i> Stroke, rub, pat and talk your bump when pregnant, Involve partners and other children if you wish.	<i>b</i> Respond promptly to baby's feeding needs whether breast or bottle feeding.
<i>c</i> Spend quiet time before bedtime, reading/ rocking gently to calm baby before sleeping.	<i>c</i> Show your baby different facial expressions – happy/ sad/surprised, let them copy you.	<i>c</i> Make funny noises for baby to hear and copy.	<i>c</i> Say or sing rhymes with actions where you tickle and touch your baby	<i>c</i> Guess at what your baby might be thinking or feeling and say it to your baby, "It looks like you're sleepy/ happy/ upset"
<i>d</i> Spend time with your partner/ close friends – some "me/ you/us" time.	<i>d</i> Do actions that go with what you're saying – like waving when you say 'Hello.'	<i>d</i> Read or say stories and rhymes often so baby will start to copy sounds.	<i>d</i> Play together with books that have different textures and sounds.	<i>d</i> Don't expect to be the instant perfect parent, learn to be the best you can be.
<i>e</i> Babies grow fast, enjoy the time you have with them as they grow.	<i>e</i> Show your baby different rooms/ places/ times of day to help them understand their new world.	<i>e</i> Let your child use household things to make noises – pans and spoons/dry rice in a sealed box/tubes for trumpets.	<i>e</i> Cuddle your baby and dance with them or hold your child's hands and dance together.	<i>e</i> Listen to your body during pregnancy – sleep/ activity/ diet may change.

For any boxes you have marked with a cross, please write the number and letter for each one in the space below, and say why you disagreed.

Below are 25 simple actions that will help to build relationships between parents and children.

Please READ all actions on every sheet. Then tell us if you think these actions are helpful or not.

If you agree with an action, leave the box blank.



If you disagree with an action, cross the whole box

PLAYING				
1 EXPLORE	2 IMAGINE	3 CREATE	4 TIME	5 FREEDOM
<i>a</i> Play with toys and bubbles in the bath	<i>a</i> Babies and toddlers will find basic items fun – boxes, scarves, hats, furniture etc.	<i>a</i> Try different things to create with – crayons/ boxes/materials/play dough	<i>a</i> Babies grow fast, enjoy the time you have with them as they grow.	<i>a</i> Allow time and space for messy play – paints/ water/ sand/ mud.
<i>b</i> Get baby / child to “help” with the washing – feel different textures, play peek-a boo.	<i>b</i> Many “ready-made” toys can lead to boredom, find things that children can use their imagination with.	<i>b</i> Simple cooking and snack making can help children to enjoy different foods.	<i>b</i> Talk with your baby/ child about things you are doing and take time to explain things.	<i>b</i> Find outdoor places to play where children can run about and be active.
<i>c</i> Find different places to visit– woods, seaside, town, - new experiences.	<i>c</i> Visit places that children can use their imagination in –woods, fields, parks, castles	<i>c</i> Find a big box that your child can imagine is a boat, house, car, and aeroplane.	<i>c</i> Don’t get embarrassed about the things your child want you to join in with.	<i>c</i> Take a change of clothes for play days outdoors, don’t worry about dirt or getting wet.
<i>d</i> Buy wellies and a playing out coat.	<i>d</i> Telling stories will help children imagine other worlds.	<i>d</i> Start a dressing up box with hats, scarves, fun clothes.	<i>d</i> Cuddle you baby and dance with them or hold your child’s hands and dance together.	<i>d</i> Let your child draw and scribble, don’t expect a finished work of art.
<i>e</i> Explore outdoors at different times of day and in different seasons.	<i>e</i> Share your imagination with your children.	<i>e</i> Find ways to make music with singing, simple instruments, things to bang and rattle.	<i>e</i> Be patient and let your baby/ child learn new things.	<i>e</i> Let your child pretend to be whatever they want to be, it builds imagination.

For any boxes you have marked with a cross, please write the number and letter for each one in the space below, and say why you disagreed.

If you have any alternative suggestions for any of the actions,

Please write them below;

LOVING	UNDERSTANDING	COMMUNICATING	RESPONDING	PLAYING