

BEST START (H!5) VALUES AND KEY MESSAGES ACTIONS

FEBRUARY 2020

FINAL CONTENT VERSION

LOVING

Showing love to your child helps you to build your relationship with them and them with you.

UNDERSTANDING

Knowing how making positive choices for you and your child helps with emotional, physical and social development. These include; healthy eating, being active, close contact and learning to better manage your challenges and worries.

COMMUNICATING

Learning about movement, sounds, actions and expressions helps healthy child development. Positive communication between parents, family and services helps to establish supportive relationships.

RESPONDING

Learning about vocal and non-vocal signals your child makes, recognising what they mean and how you need to respond to meet their needs.

PLAYING

Playing and having fun helps to develop skills and imagination and helps to build happy loving relationships.

LOVING

TOUCH	RESPONSIVE	SPENDING TIME	BELONGING	SECURITY
Stroke, rub, pat and talk to your bump when pregnant, Involve your partner and other children if you wish.	Learn to recognise different signals from your child such as: hungry/ sleepy/ lonely/ happy.	Try to find time to just sit with your baby and enjoy looking into each other's faces.	As parents, hold and cuddle your baby often to develop strong bonds, especially when feeding baby.	Make sure baby is close and you are both comfortable when breast or bottle feeding.
Try to have skin to skin contact as soon as baby is born.	Copy your baby's babbling noises or child's new words and say them back.	Find time to share things with your child – reading/playing/ talking/singing/ dancing/ watching TV together.	Let your child see close and friendly relationships within your family and friendships.	Help baby to understand that you will respond to their needs when they need you.
Try to have plenty of skin to skin contact as baby grows and keep baby close to you.	Respond as soon as you can to baby's feeding needs whether breast or bottle feeding.	Spend quiet time before bedtime, reading/ rocking gently/humming/ singing to calm your child before sleeping.	Try to eat meals all together when possible.	Talk and make sounds to and with your baby.
Have lots of cheek to cheek snuggles, hand holding and cuddles with your child.	Watch for your child's different mood changes.	Find time for simple activities and trips with the whole family or friends.	Find simple things that parents and children can do together that are free.	Find out how to do simple baby massage (hands, feet, arms knees, and tummy) and gradually try it with your baby.
Try to find time to sit with your child when reading/ watching TV/ sitting with the family.	Try to have a hug and calming words ready if things go wrong.	Find some time to spend with your partner/ close friends – some "me/ you" time.	Find places to go where you and your baby / child can meet other children and build friendships.	Hold your child's hand when out and about and when it is safe, let them walk further from you.

UNDERSTANDING

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

COMMUNICATING

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

RESPONDING

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

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