Five to Thrive/Family Hubs Facebook rollout

Phase 1 – Introducing the Building Blocks

**Day 1 – Introduction (upload Day 1 images)**

We've all heard that our body needs 5 portions of fruit or veg a day to grow strong, well our brain needs 5 things too 🧠✔️💪

Demonstrated in a tower of building blocks, the Five to Thrive approach gives parents and caregivers ideas to support brain development through 5 key things - respond, cuddle, relax, play and talk .

We will be sharing more on this weekly but if you can’t wait, please visit the Family Hubs website

<https://www.familyhubsleicestershire.org.uk/parents-and-carers/five-thrive>

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**Day 2 – Respond (upload day 2 images)**

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**Respond** is the first block and is the foundation of the tower. Your child will experience a sense of **safety** and **belonging**if you respond to their needs 🫶

🔴You can respond by learning the signs they show when they need to connect to an adult

🔴Be willing to make a connection even when children are hostile or unresponsive

🔴Notice the adult(s) with whom the child feels safe being with and support that adult in responding to the child (auntie, grandparent ect)

Find out more here ➡️ <https://www.familyhubsleicestershire.org.uk/parents-and-carers/five-thrive>

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**Day 3 – Cuddle/Engage (upload day 3 images)**

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Our children can never be cuddled too much. **Cuddle/Engage** helps them feel connected and restores balance in the brain ⚖️

🟠 Why not set up a cuddle corners with cushions, mood lighting, books and puppets

🟠Nursery rhymes like round and round the garden encourage positive touch and is a great fun way to do this.

🟠 Respect the personal space of your child as they grow – they may not want a hug but prefer other reassuring contacts

Find out more here ➡️ <https://www.familyhubsleicestershire.org.uk/parents-and-carers/five-thrive>

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**Day 4 – Relax (upload day 4 images)**

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**Relax** is the third blockand sometimes the hardest. Being able to stay relaxed in a difficult situation is key to showing our children resilience.

🟢The 5 ways to good wellbeing explains how to do this.

🟢Sensory Play is also good for creating a calm environment for our children 🚥🧸🎨

 Find out more here ➡️ <https://www.familyhubsleicestershire.org.uk/parents-and-carers/five-thrive>

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**Day 5 – Play (upload Day 5 images)**

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**Play** gives parents/carers the opportunity to communicate in lots of different ways like smiling, touch and facial expressions. It can show you understand how they’re feeling.

🔵It helps to share, take turns, learn patience and understand the world.

🔵It helps develop non-verbal communication skills

🔵Be playful – you are their best toy

Find out more here ➡️ <https://www.familyhubsleicestershire.org.uk/parents-and-carers/five-thrive>

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**Day 6 – Talk (upload day 6 images)**

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The last block in the tower is **Talk**, this covers explaining, describing, asking, chatting, signing and singing.

🟣Communicating with your child will help them recognise the importance of language

🟣As your child gets older, its good to talk about feelings, behaviours, mind and body connections.

Find out more here ➡️ <https://www.familyhubsleicestershire.org.uk/parents-and-carers/five-thrive>

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**Day 7 – Conclusion (upload day 7 images)**

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Respond, Cuddle/Engage, Relax, Play, Talk

When these needs are met, the building blocks stand tall in a tower and show excellent brain development. But if all needs aren’t met consistently, it may become wobbly. To find out how Five to Thrive can help support your family, visit <https://www.familyhubsleicestershire.org.uk/parents-and-carers/five-thrive>

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