How to support people with limited English using Five to Thrive

**Block 1: Respond:**

The facilitator notices the parent’s discomfort and responds empathetically, offering reassurance in simple language and encouraging participation.

**Block 2: Engage:**

The parent becomes more open to engaging in activities, slowly starting to participate in conversations with the group.

**Block 3: Relax:**

The facilitator uses calming, non-verbal cues like a gentle tone and open posture, helping the parent feel safe and supported.

**Block 4: Play:**

The facilitator encourages playful activities like simple games that involve mimicking or clapping, making it easier for the parent to interact with others without the pressure of speaking perfectly.

**Block 5: Talk:**

Through repetitive, clear, and simple language, the facilitator helps the parent build confidence, offering gentle corrections and encouraging them to express their thoughts. This promotes their language development.

**For more information, please visit** [**FamilyHubsLeicestershire.org.uk**](https://leics.sharepoint.com/sites/fivetothrivefamilyhelp/Shared%20Documents/03%20Phase%201%20-%20Family%20Help%200-19%20%28Sept%202024%20-%20March%202025%29/resources/FamilyHubsleicestershire.org.uk)

