Your child’s body grows better when you give your child good food. Your child’s brain grows better when you do five simple things that feed the brain.

**Respond Engage Relax Play Talk**

These are your child’s daily ‘Five to Thrive’ – the building blocks for a healthy brain. A healthy brain will help you child be resilient, be happy in themselves, make friends and enjoy their family life. Every day brings many opportunities to give your child’s brain what it needs to grow

Block 1: Respond:

Responding to your child's needs is important to develop and strengthen your bond. Secure attachment helps your child to feel safe and listened to, and activates their brain

Block 2: Engage:

Engage is when you make a positive connection with your child. For younger children, we use the word cuddle. You can cuddle them as often as you like – babies can’t have too much contact. Nurturing contact or comforting a distressed child restores balance in the brain and body

Block 3: Relax:

The younger your child is the harder they find it to handle stressful moments. If you can help them, find ways to relax, you can make a big difference to the way their brain works. A good routine, day and night, can really help

Block 4: Play:

Play and being playful in your communication can help children make sense of the world both emotionally and socially.

Block 5: **Talk**:

There's lots of different ways to 'Talk' to your child. Explaining, describing, asking, chatting, signing, and singing are important for communication and language development. A simple way to encourage speech is to take it in turns to talk, listen and reply to/with your child.

 **Activities to try at home**

* Taking turn games
* Cuddle corners or dens
* Signing songs
* Reading together
* Dress up/role play
* Arts and crafts
* Family mealtime
* Family game night
* Walks outside
* Colouring
* Warm bubble baths/ massage
* Listen to music
* Card games
* Playdoh
* Puzzles

**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)