

# five to thrive

Your child's body grows better when you give the child good food.

Your child's brain grows better when you do five simple things...





five to thrive

# respond

*“ I feel very scared if I get no response from you. When you look at me with love in your eyes I feel safe. Your voice helps me to feel safe. Being close to you helps me to feel safe.”*





five to thrive

# cuddle

*“ When I am close to you my body begins to work in tune with yours. Connections are building in my brain that will make it possible for me to control my body one day.”*





five to thrive  
**relax**

*“ I know that having a baby is stressful. But if you can find ways to relax when you are with me, you can make a big difference to the way my brain works.”*





five to thrive  
**play**

*“ I need you to soothe me when I’m upset, but I also need you to make life interesting for me. Toys are great, but the best toy in the world for me is... you! ”*





five to thrive  
**talk**

*“ The more you talk to me the more I can make sounds into words... Everything I learn in my life will be built on what you are teaching me now.”*

