

Barnardo's Children & Family Centre's in Gloucester City:

Bartongate Children and Family Centre, Sinope Street, Gloucester GL1 4AW. Tel: 01452 417593.

Finlay Children and Family Centre Tredworth Road, Gloucester GL4 6TL. Tel: 01452 530312.

Kaleidoscope Children and Family Centre, Sherbourne Street, Kingsholm, Gloucester GL1 3DN. Tel: 01452 520182.

The Lighthouse Children and Family Centre, Linden Road, Linden, Gloucester GL1 5JA. Tel: 01452 872290.

The Link Children and Family Centre, Matson Avenue, Matson, Gloucester GL4 6BE. Tel: 01452 560451.

The Oaks Children and Family Centre, Holmleigh Road, Tuffley, Gloucester GL4 0RN. Tel: 01452 526856.



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UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH



**five to
thrive**

The things you do
every day that
help your child's
growing brain

Service Name: Gloucester City TFS Service
Manager: Alison Nicholas (CSM)



**Changing childhoods.
Changing lives.**



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Five to Thrive

**Information leaflet for
professionals**

To book a place on the next
programme Visit:
www.glosfamiliesdirectory.org.uk
and select the icon "parent
workshops" then search the
programme title.

Where does it come from?

Understanding brain development for your child can be difficult.

Barnardo's have therefore teamed up with Kate Cairns Associates (KCA) who are experts in the field.

KCA has taken all of the complex evidence and research about healthy brain development and created a simple and effective approach called **Five to Thrive**.

Key Facts:

Strengthen your positive relationship

Promote happiness in your baby/child

Encourage to make friendships

Give them the best start to their learning

Daily practice gives your child the best start in life

What is it about?

Everything you do when you are with your baby sparks connections in their brain turning connections into pathways.

The Five to Thrive 5 key activities that support you to develop their brain are:

1. **Respond:** Responding and assessing needs.
2. **Cuddle/Engage:** Connecting and engaging.
3. **Relax:** Self-regulating stress.
4. **Play:** Being playful/ activating the right side of the brain.
5. **Talk:** Creating a narrative/ activating the left side of the brain.

The Five to Thrive activities build baby and toddler brains and maintain healthy brains for:

- Pre-school children
- School age children
- Young people
- Adults

What does it involve?

Each key activity is designed to be tailored to your family environment and be a fun programme to learn about your unique baby/toddler.

Activities will include lots of play with your child/ren.

There may also be:

- ♦ Discussion through the eyes of the child
- ♦ Role modelling/Role play
- ♦ Weekly skills practice



These healthy brain building blocks are your child's daily 'five to thrive'