

Haringey Public Health has commissioned Kate Cairns ‘Five to Thrive’ to support parents to form positive relationships with their babies and children.

‘Central to the **five to thrive** approach is the set of five key activities:

**Respond** • **Cuddle** • **Relax** • **Play** • **Talk**

These activities are our ‘building blocks for a healthy brain’. They are drawn from research into the key processes of attachment and attunement that forge bonds between young children and their carers. Crucially, they are designed to support positive feedback processes, enabling practitioners to observe and reinforce positive interaction between parents and their children’ (KCA).

Five to Thrive is an **attachment based approach to positive parenting**, created by the Kate Cairns Associates. This approach equips practitioners to provide succinct information through the delivery of a consistent and effective message.

Five to Thrive will be introduced to ALL parents by Health Visitors antenatally, or alternatively, at the new birth contact. This discussion will focus on specific aspects of attachment behaviour, supported by the Five to Thrive parent booklet, which will support parents to make positive relationships with their child and will promote healthy child development.

This will be supported by the Five to Thrive video loop which will bring this information into the community, being played in doctors surgeries, pharmacies, schools, children’s centres and libraries.

Five to Thrive Resources will also be used to support parents when there is some cause for concern, as an early targeted intervention.

For more information about the support pathway for parents pre and post-natally, see ‘The Healthy Child Programme in Haringey’ doc.

For more information email: [anchor@haringey.gov.uk](mailto:anchor@haringey.gov.uk)



**five to thrive**

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

