

# Team Talk

## What is Team Talk?

Key component of Haringey's relationship based approach to resilience: targeted at reducing the number of children starting school with poor emotional regulatory skills and/or delayed or disordered neurodevelopment.

## Aim

To support parents to provide the optimal stimulatory environment for their child to reach his/her neurodevelopmental potential.

## Objectives

- 1 Increase the information given to new parents about their child's global neurodevelopment, emotional wellbeing and secure parent-child attachment relationships.
- 2 Give specific advice that is easily understood, practical & meaningful.
- 3 Give advice which is consistently reinforced across sectors & disciplines.



## Advice

Respond promptly & consistently

Connect through touch & cuddles

Connect through speech language & communication

Support physical development

Learn to recognise baby's needs

## Rationale

- Helps baby to feel secure - you can't spoil a baby

- Stimulates oxytocin release – the "connection hormone"
- Helps baby learn to regulate their emotions & regain emotional balance when they are distressed

- The more you talk & play with your baby the more connections grow in his/her brain
- Once baby knows your voice s/he learns to respond, and later, to follow your instructions

- Strengthening muscles early in life (e.g. through tummy time) enables your baby to learn about and explore the world around him/her

- Learn your baby's signs e.g. notice what baby does when s/he is sleepy, hungry, or has had enough play & wants some down time
- It's important to know when baby wants to play & when they need you to soothe them