

# Team Talk

5

## Information for Delivery Midwife

Part of Team Talk Toolkit for health professionals



### Aim

The Team talk project aims to support parents to provide the optimal stimulatory environment for their child to reach their neurodevelopmental potential.

### Background and rationale

Team talk is a key component of Haringey's relationship based approach to resilience. It is a cross-sector interdisciplinary project to support health professionals working with families with children age 0-5 years old. School children with learning and behavioural difficulties, often begin school with delayed or disordered acquisition of core global neurodevelopmental skills and poor emotional regulatory skills. The project seeks to support key early life relationships and to influence family-centred

environmental factors which can affect a child's school readiness. In the first 2 years of a healthy child's life, new parents will have up to 25 routine points of contact with health professionals (including the antenatal period) : plenty of opportunities to support and educate.

### Objectives

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

### What to say to new parents

#### Point of Contact

#### Communication / Action

#### Birth

- Importance of touch & cuddles - 1 hour skin to skin contact with baby; breast crawl seeking milk; 3 slow breaths until baby & adult relax into each other – oxytocin release – the connection hormone
- ▶ ● Respond to baby promptly to help them feel secure – don't worry about 'spoiling' baby; responsive feeding
- Talking & eye contact – when nappy changing – describe what you are doing, naming common objects; any opportunity – every positive interaction builds baby's brain

**KEY – areas of focus** ● Connecting through touch & cuddles ● Responding promptly & consistently ● Connecting through speech language & communication ● Supporting physical development ● Learning to recognise baby's needs



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For further information visit: [www.haringey.gov.uk/anchor-project](http://www.haringey.gov.uk/anchor-project)