

# Team Talk

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## Information for GP Practice Nurse

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

#### 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



HARINGEY  
healthy  
CHILD  
PROGRAMME

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

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# What to say to new parents

## 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

### Point of Contact

### Communication / Action

2 month  
(imms)



- Using touch – baby massage with oils before dressing for bed, draw silky fabric over skin to stimulate senses
- Talking, singing, nursery rhymes reading, describing what you're doing, naming common objects – at home, in the buggy, in the car; making eye contact & engaging facial expressions

3 month  
(imms)



- Promote motor skills development: Lots of tummy time when baby is awake – encourage to grab toys, try to roll over
- For speech, language and social skills development, is there time in the day when baby is awake & there is no background noise from TV, music, radio? - baby needs quiet to focus in on the voices of parents/carers (so that they will be able to respond to parents later & to teachers when they go to school)
- It's important to have times when your phone is off or away to give baby your full attention
- Encourage baby to talk to you – mimic the sounds they make; make eye contact & engaging facial expressions to grow baby's brain

4 month  
(imms)



- To develop motor skills – position on front/back; support to sit
- For speech, language and social skills development, read together every day – joining the library?
- It's important to have times when your phone is off or away to give baby your full attention
- For emotional wellbeing: when baby gets upset, how does mum/dad/carer respond to them? It helps baby to learn to manage their emotions when you (i) name the emotion they are experiencing, (ii) recognise & validate how they are feeling & (iii) offer some guidance e.g. if upset at nappy changing time... "Come on, let's not get grumpy (name the emotion). I know you're tired & it's not nice having your nappy changed when you're sleepy (validate how they are feeling). You'll feel better when your nappy's clean. Lie still & we'll be quick getting your clothes back on. Then we can have a cuddle & you can go to sleep (offer guidance). Establish routines around sleeping, eating & play