

# Team Talk

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## Information for General Practitioner

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



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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

### GP Antenatal appointments 6-8 week check

#### *Some things to think about when the baby is born*

- It is important to think early on about developing your child's communication & social skills to give them the best start in life
  - It is important to turn off background TV & radio for baby's speech and language development so that baby has 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 is also important to have times when your phone is off/ away to give your baby your full attention
  - Reading to your young baby helps them learn about speech & language. Are you planning to read to your baby? It is also fun & helps us form meaningful connections
- ▶ Will you join the library when s/he is born? There is access to age appropriate books at the library. It is good for a variety of family members to read to them (both parents/ grandparents etc).
- Early socialisation helps your child to be able to maximise their life opportunities. Are you planning to take up the offer of a nursery place later on? An offer letter will come through the post
  - Reinforce the importance of touch for emotional wellbeing – baby massage with oils & cuddles/ deep breaths together at times of anxiety
  - Promote motor skills to develop with plenty of 'tummy time', when baby is awake and observed, to help strengthen muscles & encourage baby to look at & reach for toys