

Team Talk

3

Health Visitor

Part of Team Talk Toolkit for health professionals



For detailed information see 'Information for Health Visitor' sheet

Point of Contact

Communication / Action

28-36 weeks

- Introduce 'Five to Thrive'
- Respond – baby's brain grows/feelings of safety
- Close contact/cuddles – feelings of safety/chemicals that helps their brain grow – oxytocin – connection hormone
- Relaxing teaches baby to relax & calm/manage their emotions & their stress
- ▶ ● Playing – copying face & sounds/playing games build baby's brain
- Talking - copying baby's sounds back helps brain grow. Listening to them - they know they matter/they feel safe. Avoid distraction of phones – affects development
- Get to know baby – signs of hunger/tiredness/need downtime etc.
- Giving baby breaks from talk & play

BIRTH

10-14 days

- Tummy time – look & reach
- Play when baby in the mood – eye contact/matching facially/build brain
- ▶ ● Times when phone is off/away
- What baby can see - app

6-8 weeks

- Remind parent/carer about 'Five to Thrive'
- Respond to baby promptly - talk/sing/play/read /eye contact
- Knowing baby - what are their signs of hunger/tiredness/need for down time
- ▶ ● When baby's upset - talk to them – name emotions/validate feelings/offer guidance
- Tummy time – look & reach
- Show what baby can see - app



12 months

Development at 8-12 months - A critical time for language development

- Introduce How to Be Home tool
 - Safe adult/safe space
 - Name emotions/validate feelings/offer guidance – especially when child is upset
 - If puzzled by child's behaviour – check out green/orange/blue sections
- Parent/carer describe routines – running commentary – give examples
- Anxiety at being left with others – explain
- Praise good behaviour/say no & re-direct/inability to follow rules developmentally
- Limit child's screen time – TV/computer/tablet/phone
- Times when phone is off/away

23 - 30 months

- Remind parent/carer about 'How to Be Home' cards - support communication & behaviour management
- Provide opportunities to play with peers: help manage disputes, help them to share
- Correctly re-phrase speech errors - don't reprimand mistakes
- Play learning games
- Lots of outdoor play
- Limit child's screen time – TV/computer/tablet/phone
- Times when phone is off/away

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