

Team Talk

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Information for Midwife /Obstetrician

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

Haringey
LONDON

For further information visit: www.haringey.gov.uk/anchor



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

8 – 10 weeks

Booking and bloods

Hand out Five to Thrive:

- ▶ • Responding to baby helps their brain grow
- ▶ • Close contact/cuddles helps them to feel safe - Relaxing teaches baby to manage their emotions & stress - Playing games, copying faces & sounds builds baby's brain
- ▶ • Talking & copying baby's sounds helps development whilst listening means they know they matter

Some things to think about when the baby is born

16 weeks

● GAP/GROW chart

● Responding promptly & consistently helps baby to feel secure; you can't spoil a baby

▶ ● It's important to have times when your phone is off or away to give baby your full attention

▶ ● When responding & checking baby, it helps if you talk to them, describing what you're doing – "I wonder if... your nappy needs changing; you're hungry; you're too hot?" etc.

25 weeks or 28 weeks

▶ ● Foetal movements

▶ ● Listen & relax to favourite music – playing the same music will relax baby when they are born

▶ ● Play with baby when they are alert & in the mood – every time you make eye contact & respond with facial expressions your baby's brain grows – peekaboo, round & round the garden, safe objects for them to look at & play with, reading books to them (near sight only in the first few weeks), all the while talking to them

31 weeks

▶ ● Limiting time you spend on electronic devices. Using your phone, listening to music through headphones, or watching TV takes you away from communicating with baby. Every interaction builds baby's brain; the more you talk & play with them the more connections grow in their brain. A buggy which faces you increases your communication with baby by 50%

34 weeks

▶ ● Your new baby needs quiet to be able to learn how to recognise your voice over other sounds. It is important that the TV or radio is not on in the background all the time. Once baby knows your voice his/her brain builds so that s/he will be more able to respond to you when you call them. Later they will find it easier to follow your instructions & they will even be more able to stop & listen at school when the teacher asks them to. Children who miss this developmental stage often find school difficult

36 weeks

▶ ● Birth plan and feeding

▶ ● Relax with your new baby & learn your baby's signs e.g. notice what baby does when s/he is sleepy or hungry, full or had enough play & wants some down time. It's important to know when baby wants to play & when they need you to soothe them

38 weeks

▶ ● Plenty of 'tummy time', when baby is awake, to strengthen muscles & encourage to look at & reach for toys

▶ ● Play simple games when baby's alert & in the mood such as peekaboo, mimicking baby's sounds, round & round the garden

40 weeks

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41 weeks



- When baby gets upset, it helps them learn to manage their emotions when we talk to them & show we understand why they are upset & what we can do to sort things out. E.g. Oh I can see you're upset. I wonder whether your nappy needs changing? This will help them manage better when they go to school

BIRTH

Midwife
(1-10 days)



- It's important to have times when your phone is off or away to give baby your full attention
- Reinforce talking, singing, nursery rhymes, making eye contact; using home language too
- Relax with baby; skin to skin contact with both parents & notice signs that baby is sleepy or hungry, full or had enough play & wants some down time