

Team Talk

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Information for Paediatrician

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

Newborn Physical Infant Examination (NIPE Examination) Paediatrician / Midwife

- Importance of touch & cuddles – Plenty of skin to skin contact with baby; 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
- It's important to have times when you are not distracted by your phone (important for baby's brain development)
- Plenty of 'tummy time' when baby is awake to strengthen muscles & encourage to look at & reach for toys.
- Remind parents about 'Five to Thrive' – booklet given by Health Visitor – dig it out - very helpful

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