

This leaflet has been produced by Babcock in conjunction with your local Children's Centre, and is based on advice from the Early Years Foundation Stage framework.
www.foundationyears.org.uk.

Your Children's Centre can provide further help and advice on supporting your child and provides activities and groups for parents and children under 5.

Your local Children's Centre is

Ottery St Mary Children's Centre

Tip Hill

Ottery St Mary

EX11 1BE

Tel: 01404 813642

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Website: www.surestarteastdevon.org.uk



Your Baby



This leaflet is to support learning at home

Your Child's Personal, Social and Emotional development

Spending time with your baby is the most important thing you can do to help them develop and learn and will be fun for both of you. Even routines like nappy changing can be fun.

To your baby you are more important and interesting than any toy.

Here are some ideas for getting the most out of your time together.



Top Tips

- Show how you enjoy being with your baby by looking at them, tickling, smiling at them and even pulling silly faces.

Top Tips

- Your baby will love to reach for things hanging above them and will use their hands or feet to try and touch them. Rattles and musical items or other safe found objects like wooden utensils can be tied to a play gym or pushchair.
- It is recommended that parents introduce "tummy time" from birth, two or three times a day for a few minutes or longer, so your baby gets used to lying in a different position. Placing mirrors and colourful toys near your baby encourages your baby to lift the head and placing your baby's favourite toys just out of reach encourages stretching and movement.
- Babies will enjoy exploring the space near them if you put interesting things beside them ie crinkly paper and light, soft material.
- Make a safe comfortable area for your baby to move, roll, stretch and explore both indoors and outdoors. You might want to keep a rolled- up mat or duvet ready use indoors or outdoors.

Physical Development

In their first year of life children make huge advances in their physical development, building up strength and control to enable them to move independently. This promotes their brain development and capacity for learning.



- Mirror your child's facial expressions and actions, pausing to give them time to respond. Babies will enjoy the back and forth play and enjoy being paid attention to.
- At nappy changing time, make it fun by looking at your child face to face, talking about what you are doing and singing simple rhymes and songs. Try singing your own words to a familiar tune eg 'This is the way we change your nappy' to the tune of 'Here we go round the mulberry bush'- remember that your baby won't worry about whether you are a good singer!
- Give your baby a toy or interesting item to hold and explore while you are changing their nappy.
- Find a comfy place and enjoy the closeness of the time you spend breast or bottle feeding your baby, using cuddles and speaking or singing softly, making it pleasurable for both of you. Take your time so that you can enjoy relaxing together.
- Make a little collection of interesting items for your baby to explore;- nail brushes, wooden spoons, sponges, wooden egg cups, scarves and cloth, old CDs. Talk to them about what they are doing with them.

Communication and Language

Children have a natural urge to communicate and parents play a vital part in their children's language development. Babies are aware of their mothers' voice even before they are born and from baby's first arrival they will learn from you talking to them. Babies love to communicate from birth and it is important for you to respond and talk back as this is how they come to understand what you are saying. Babies understanding of language develops even before they can say anything themselves.



Top Tips

- Encourage babies' sounds and babbling by copying the sounds your baby makes and having turn-taking 'conversations'.
- Try to have some quiet time together every day with no TV or music- at least fifteen minutes will help your child concentrate on listening to your voice.
- Singing songs and rhymes with your baby is fun for both of you. Your baby will love hearing these again and again and this repetition will help them learn.
- Whatever you are doing and wherever you go, you can find things to talk to your baby about. For instance, talk about the foods in the supermarket and the trees in the park.
- Give your baby the opportunity to look at board and cloth books from a young age. Choose sensory interactive books for very young babies which they can explore. Talk to babies about the pictures they see in books and extend by introducing noises ie 'woof woof'.
- Remember to use the rhymes and board books in your BookStart bag from your Children's Centre.
- Give your baby interesting things to explore and play with, for instance shells and cones as this will give them a chance to learn new words.
- Talk about the sounds you hear around you for instance the rain falling, a car passing.