

If you would like to know more about any of our courses you can contact your Family Centre by phone, email or by visiting our website.



Website



How to get in touch and find out more:

Email us: iowfamilycentres@barnardos.org.uk

Website: www.isleofwightfamilycentres.org.uk

Facebook



<https://families.barnardos.org.uk/>

Instagram



West & Central Wight Locality Hub

East Newport Family Centre Pan Community Hub, Furlongs, Newport, IOW
PO30 2AX
Tel: 01983 529208

North East Locality Hub

Ryde Family Centre
George Street, Ryde IOW,
PO33 2JF
Tel: 01983 617617

South Wight Locality Hub

Sandown Family Centre
The Fairway, Sandown
PO36 9EQ
Tel: 01983 408718

Barnardo's Registered Charity Nos. 216250 and SC037605
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Five to Thrive 5-week course



**A FREE course for first
time parents with a baby
under 6 months**



Five to Thrive

In the first year of life the brain doubles in size. The brain grows when connections are made between the cells, in response to what is happening to us. The most important thing that happens to your baby is you. Everything you do when you are with your baby sparks connections in their brain. Your child's brain grows better when you do five simple things that feed the growing brain:-

Respond Cuddle Relax Play Talk

These are your child's daily "five to thrive".

The ethos behind Five to Thrive and this course is:

'The more you put in, the more you get out'.

What's involved

The course will involve a variety of learning styles to suit all:

- Practical demonstrations
- group activities
- easy quizzes etc.

And will involve fantastic activities such as:

- baby massage
- messy play
- song time and lots more!

This will all be backed up in written form, so you don't have to remember everything we tell you. We encourage you to take part throughout the course so that you feel you have a good understanding of how to take these concepts forward. If, however, there is an activity you do not feel you want to join in with, it is ok to say you would rather just watch.



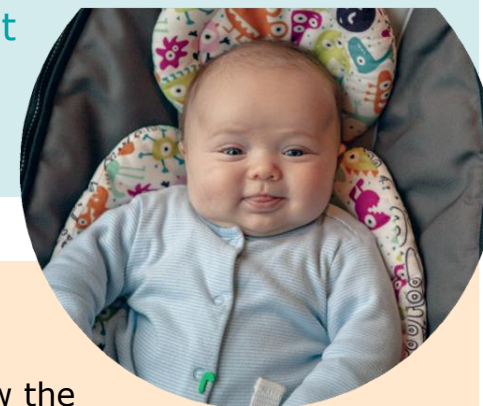
Attending the course

Come and learn about Five to Thrive:

The five building blocks that help your child's brain to grow so they can be happy, make friends, enjoy family life and develop their learning.

What you will gain from attending:

- Enable your child to reach their full potential.
- Be supported as a parent
- Make friends
- Have FUN!



Weekly programme

Five to Thrive helps explain how the 5 different aspects allow your baby's brain to grow, enabling baby to develop to their full potential physically, mentally and emotionally.

Week 1: Looking at how we **RESPOND**

Week 2: Actively investigating **TALK** and **PLAY**

Week 3: Exploring **CUDDLE** through nurturing touch/baby massage

Week 4: Encouraging the whole family to **RELAX**

Week 5: Introducing Solids Workshop looking at signs baby is ready, how to develop healthy eating habits, food suggestions and more...