

## 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.

The ethos behind Five to Thrive and this course is:

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

## Contact Us

### How to get in touch and find out more



Find us on Facebook: Isle of Wight Family Centres



Email us:

[iowfamilycentres@barnardos.org.uk](mailto:iowfamilycentres@barnardos.org.uk)



Call us:

01983 529208 / 617617 / 408718



Barnardo's  
Family Space

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



Believe in  
children

 Barnardo's

## 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".

## 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

**Weaning Workshop** looking at signs baby is ready, how to develop healthy eating habits, food suggestions and more...