

My Five to Thrive



G-old Community Partnership

SureStart



My Five to Thrive

Talk – Play – Relax – Cuddle – Respond

One, two, three, four, five,
Each day I need my five to thrive,
This will make you see,
I get to grow up healthily,
Talk to me, play a while,
Relax with me while you unwind,
Cuddle me and hold me near,
When you respond I have no fear,
One, two, three, four, five,
Each day I need my five to thrive,
This is the only way,
To meet my needs from day to day.



Talk

Ask me questions –
give me time to
respond

Appropriate tone
of voice

I talk through body language, facial
expressions and different cries

Reading books
with me



Listening to me

Body
movement/signs

Eye contact

Rhymes/singing

Play

**Give me time to
play and respond**

Eye contact

Sing and rhyme time

**Repeat, repeat to
me**

Follow my lead



**You are my number 1
toy; I don't need lots
of toys**

**I use facial
expressions to
respond**

Relax

Soft music

Gentle touch

I stay calm when we take time to
relax together

My reflexology



Helps me and you
unwind together

Calm body language

Singing and
reassuring I'm safe

Closeness with a cuddle

Bath time and massage

One to one

Soft tone

Cuddle

Hold me close

**Respect my
space**

**Close contact
during feeding**

Kiss me

Rock me



Massage me

**Gentle touch
when I want it**

Hold my hands

Respond

Listening to me

**Positive tone
and facial
expression**

**Talking, laughing,
smiling at me**



Eye contact

Loving touch

**Know my cry
and help me**

**Relaxed body
language**

**Give me time to
respond to you**

I Hope My Child Looks Back

I hope my children look back on today
And sees a mother who had time to play.
There will be years for cleaning and cooking,
But children grow up when you're not looking.
Tomorrow I'll do all the chores you can mention
But today, my children need time and attention.
So settle down cobwebs; dust go to sleep,
I'm massaging my baby, and babies don't keep.



Contact Us

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