

the best start in life for your child



Five ways to support the development of your baby's emotional health and wellbeing.

**In this booklet babies are referred to as 'he'.*

Your baby's early years, from conception to 3 years, are deeply significant as his brain is developing every minute of every day. His experience of life during his first few years directly relates to how his mental and emotional health will develop into adolescence and adulthood.

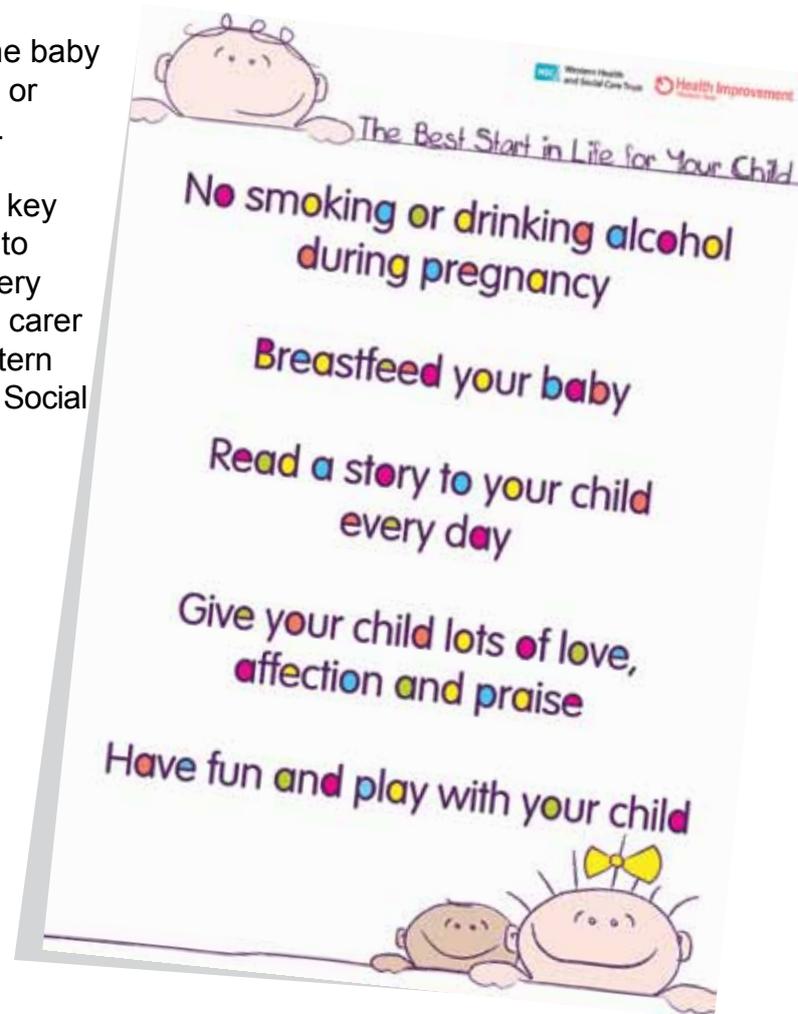
"Give me the child and I will show you the man,"

St Ignatius Loyola

The easiest and most important way to nurture and develop positive mental and emotional wellbeing in babies and young children is through the relationship

between the baby and parent or main carer.

Here are 5 key messages to support every parent and carer in the Western Health and Social Care Trust (WHSCT).



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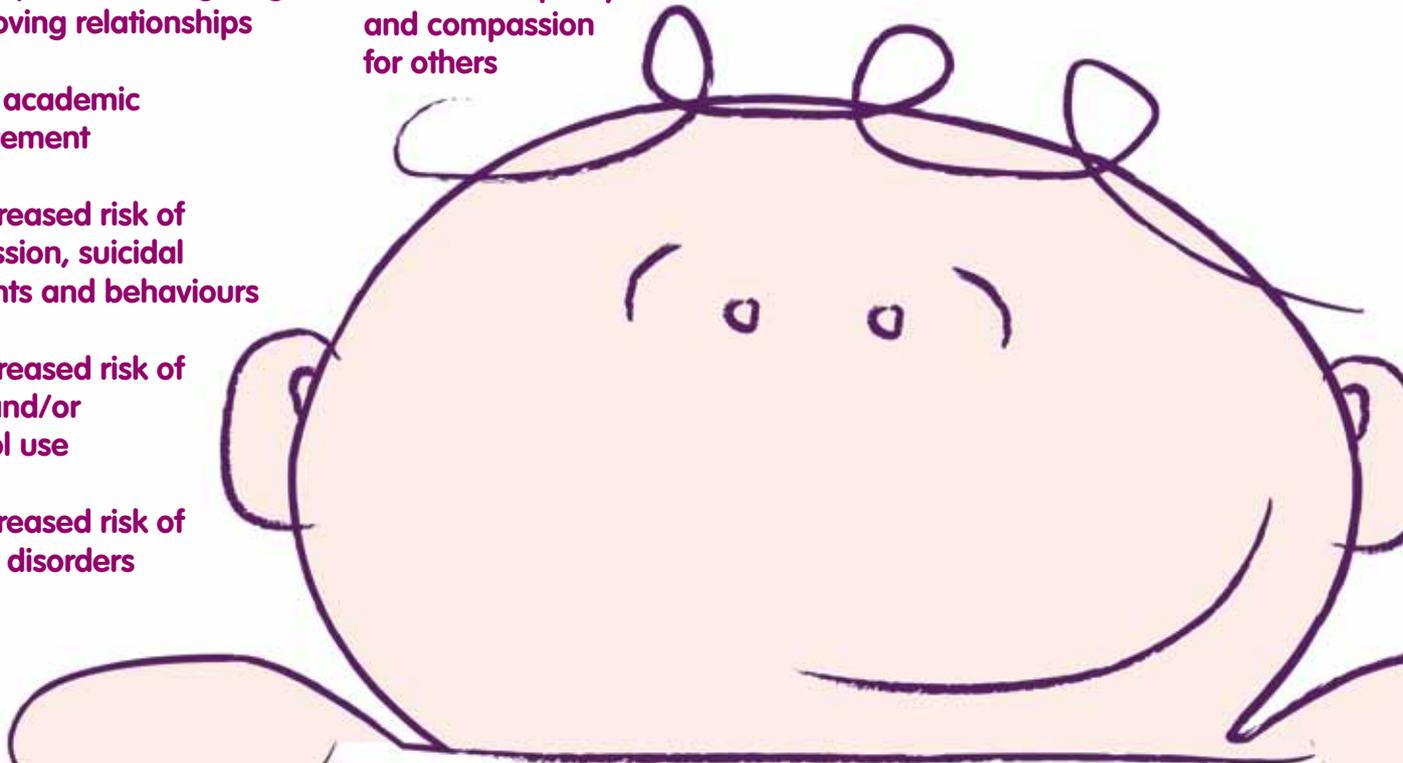
Without the right support during these early years our children might grow up to experience:

- **Difficulty with forming long term loving relationships**
- **Lower academic achievement**
- **An increased risk of depression, suicidal thoughts and behaviours**
- **An increased risk of drug and/or alcohol use**
- **An increased risk of eating disorders**

- **An increased risk of participating in anti-social, violent and aggressive behaviour**

- **A lack of empathy and compassion for others**

These 5 key messages will help to support every baby through their journey from childhood into adult life.



Happy parent, happy child

As a parent or carer you have a vital and most privileged role in bringing up your child. It is important to look after your own mental and emotional wellbeing because your emotions are reflected to the baby. According to Dr Suzanne Zeedyk¹ babies arrive already connected so if you feel sad, your baby might feel sad. Babies are very good at picking up on emotional states. This is their language.

Make time for yourself each day. Do things that make you happy and help you unwind,

even 5 minutes a day can make a big difference to how you feel.

There are lots of ways you can look after your own mental and emotional health and well-being:

Nurture yourself

Look after your physical and emotional needs, eat a balanced diet, try to get as much sleep as you can, e.g. sleep when baby sleeps, exercise, take time out to recharge your energy.

Nurture your relationships

How are you feeling? Share your thoughts with your partner, close friends or another family member. Supportive relationships are important for your own wellbeing.

Be sociable with your baby, find out about local parent and baby groups that you can attend; this is a great way to meet other parents who understand what it is like to be a parent.

No smoking or drinking alcohol during pregnancy

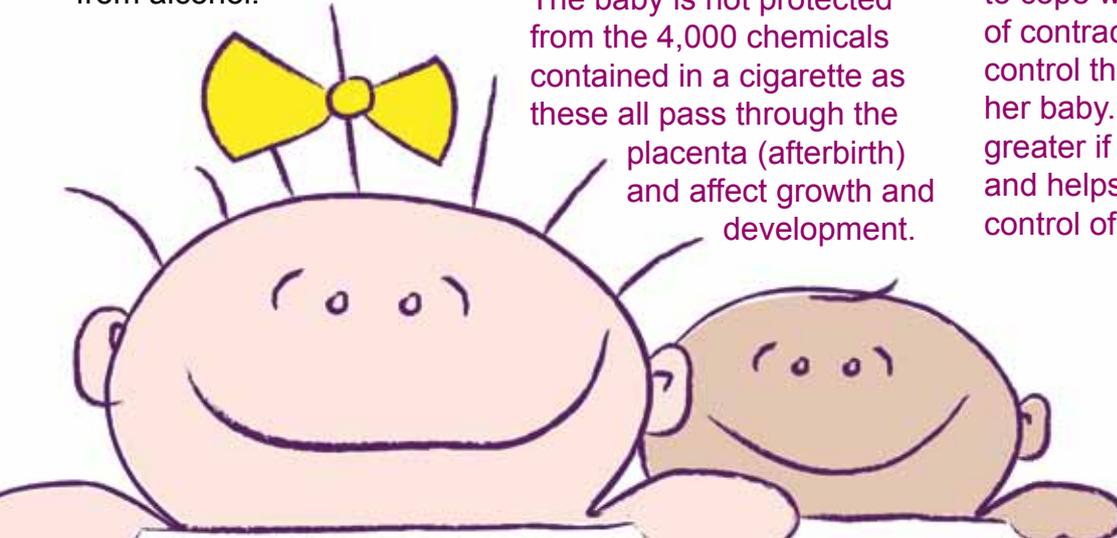
In every culture the mother to be is encouraged to become physically and emotionally prepared for pregnancy and motherhood. This includes stopping smoking as well as cutting down or abstaining from alcohol.

Smoking

We know that smoking is bad for us; it is especially bad for the unborn baby. When a pregnant woman smokes each cigarette restricts oxygen supply to her baby. The baby is not protected from the 4,000 chemicals contained in a cigarette as these all pass through the placenta (afterbirth) and affect growth and development.

This is why babies born to smokers can be underweight and more vulnerable to infections.

During labour, the mother uses the power of her breath to cope with the strength of contractions and help control the careful birth of her baby. Lung capacity is greater if you do not smoke and helps mums stay in control of their birth.



Alcohol

The UK Chief Medical Officer advised that, *“Pregnant women or women trying to conceive should avoid drinking; if they choose to drink, to minimise the risk to the baby, they should not drink more than one to two units of alcohol once or twice a week and should not get drunk.”*²

Drinking alcohol when pregnant increases the risk of miscarriage, learning disabilities, growth restriction

and failure to catch up with children of a similar age.

There is little evidence to show exactly how much alcohol has to be drunk before it has an effect on the development of a baby: evidence does show the more alcohol taken, the greater the risk of harm to the developing baby. So for this reason, **no alcohol when pregnant is the best and safest choice.**

For further information contact your local GP or Midwife for more support.

www.communitypharmacyni.co.uk

Smokers Helpline 0808 812 8008 www.want2stop.info

Alcohol and drug services

- 028 7186 5239
- 028 7186 5240
- 028 6638 2073

Addiction support: 028 7186 0086 or 028 8225 3950

Drinkline: 0800 917 8282

Breastfeed your baby

Have you thought about how you are going to feed your baby when he is born? Here are some things to consider about the benefits of breastfeeding.

The hormones a breastfeeding mum produces help to nurture a close and loving relationship with her baby.

Breastfeeding has significant benefits for women, including a lower risk of osteoporosis, type 2 diabetes and female cancers (breast, uterine and

ovarian); and women who breastfeed their children are able to lose weight gained during pregnancy more easily.³

Breast milk is convenient as you do not have to get up in the middle of the night to prepare bottles! It's also free.

Breast milk provides all the food and liquid a baby needs for the first six months of its life. It is easy to digest so puts no stress on the baby's digestive system.

Breast milk contains antibodies and hormones which help strengthen the baby's immune system. These antibodies and special immune factors help to protect a breastfed baby from infections or health conditions including:

- **Chest and ear infections**
- **Constipation**
- **Diabetes**
- **Allergies**
- **Heart disease**
- **Overweight/ obesity in later childhood**

The current advice is that babies should be breastfed exclusively until 6 months old and up to one year old along with their weaning diet. However we know that the longer a baby is breastfed the greater the health benefits and any

breastfeeding will benefit the baby.

Look out for the breastfeeding friendly logo in lots of local cafes and restaurants.

For further information contact your Midwife or Health Visitor.

For information on support groups and trained breastfeeding support volunteers go to www.breastfedbabies.org

National Breastfeeding Helpline: 0300 100 0212 (9.30am-9.30pm)

SureStart – see page 16 for your local SureStart contact

Milk Bank Irvinestown
028 6862 8333

NCT - www.nct.org.uk or
0300 330 0700



Read a story to your child every day

Start talking, singing and reading to your baby even before he is born! Reading is a great way to help develop their speech, language and communication skills.

“Speech, language and communication skills are fundamental to the development of learning, and social and emotional well-being and are essential to support the development of skills for life and work.”⁴

Have fun sharing a book or story with your child.

Children often have favourite stories that will be repeated over and over again. This helps build memory skills such as remembering words or phrases from the book.



Sharing a book with your child helps to develop empathy and emotional intelligence as the more words he learns and understands the better he is able to communicate his thoughts and feelings. Reading together also deepens attachment as it provides special one on one time between you and your child.

Help develop your baby's motor skills by letting him turn the pages.

It's best to read little and often, so try to put aside some time for it every day. Bedtime is perfect as reading can become part of the bedtime routine which helps children settle down and unwind.

Quiet and focused reading time helps to develop your child's listening skills and concentration. So turn off your TV, mobile and radio to give your child your full attention.

For further information:

www.bookstart.org.uk

www.thecommunicationtrust.org.uk

www.literacytrust.org.uk/talk_to_your_baby

www.ni-libraries.net

www.nidirect.gov.uk/education-works

SureStart: Details pg 16

Adult literacy "Essential Skills Literacy" courses: Limavady or Londonderry: 028 7127 6080

Strabane: 028 7127 6080

Omagh or Enniskillen:
084 5603 1881

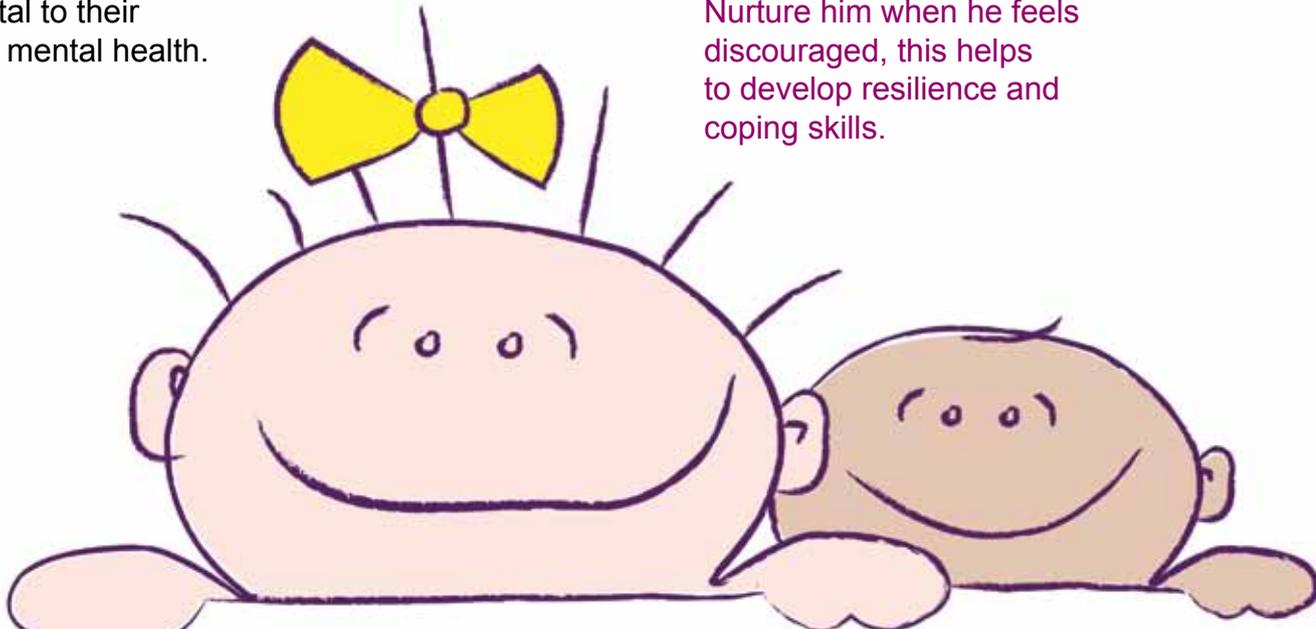
Give your child lots of love, affection and praise

Babies and children need lots of love, affection and praise to blossom into happy, confident children. Developing a loving and supportive relationship with your child is vital to their emotional and mental health.

Trust your instincts: responding quickly to your baby's cries will not 'spoil' him but make him feel safe and loved and help him grow up to be confident and happy.

Praise your child when they achieve things, specific and earned praise builds optimism and encourages good behaviour.

Nurture him when he feels discouraged, this helps to develop resilience and coping skills.



'Serve and return' is another way to describe how you can respond to your baby's noises and facial expressions to open up and develop a fun and relaxed communication style together.

Children thrive when loving and consistent parenting has boundaries and daily routines. This approach promotes a child's feelings of safety and emotional security.

Find ways that you enjoy spending time with your child and your child enjoys spending time with you. This

will improve the quality of your relationship and result in a happier child and happier parent.

Bonding or attachment is where your baby uses you or the primary caregiver as a secure base from which they feel safe and comfortable to explore.⁵ This attachment bond can have many positive outcomes for your baby's social-emotional development throughout life.⁶

For further information

contact your local GP, Midwife or Health Visitor.

SureStart: Details pg 16

WEST: Derry 028 7186 5265, Omagh 028 8283 5844

www.familysupportni.gov.uk
0845 600 6483

www.parentingni.org
Helpline 0808 8010 722

Action For Children
028 7132 9444/028 6632 4181

NI Newpin: 028 7134 4477

Early Years: 028 9066 2825,
www.early-years.org

www.bhf.org.uk/childrens-resources/for-parents.aspx

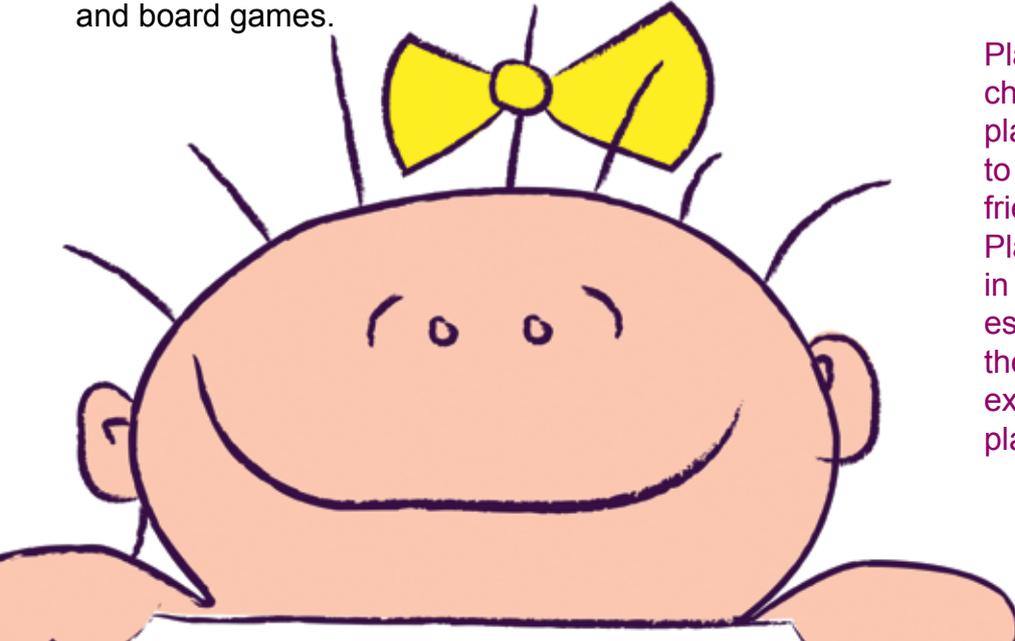
Have fun and play with your child

Babies and children love it when you play with them. Play can include physical games like hide and seek, pretend play, painting, crafts, and board games.

Babies are encouraged to enjoy “tummy time”, little and often. Parents should get down onto the floor with their baby and use toys and books

to interact. Tummy time develops back, neck and shoulder muscles which are important to aid the crawling and sitting stage.

Play is the true work of childhood.⁷ Through play, children learn how to problem-solve, make friends and communicate. Play is fun when you join in too, nothing is more essential and rewarding than the enjoyment your child experiences from time spent playing with you.⁷



There is so much learning during play. Children are lifting, dropping, looking, pouring, bouncing, hiding, building, counting, knocking down, and more.

Reduce the risk of overweight or obesity in children by encouraging active play from birth. The current physical activity guidelines recommend minimising the amount of time babies and children spend sitting or restrained in things like car seats, buggies or high chairs.

By age 3 children who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours) spread throughout the day.⁸

Lots of parents find that their child is able to release a lot of emotional energy by being physically active which helps them to manage their mood and emotions.

For further information:

www.safefood.eu

www.getalifegetactive.com

SureStart: Details pg 16

Get involved because education works - www.nidirect.gov.uk/education-works

Additional support services for parents

Lifeline: **0808 808 8000**

SureStart

Little Hands SureStart
(Creevagh, Springtown and
Rosemount)

028 7126 7524

Dry Arch SureStart

(The Highlands, Dungiven,
Feeny, Upper Glenshane,
Glack, Colessan and
Greystone) **028 7774 2904**

Edenballymore SureStart

(Brandywell, The Diamond,
Westland, Strand, Beechwood,
Creggan Central and
Creggan South)

028 7137 1670

Family Centre and
SureStart Shantallow
(Shantallow East, Shantallow
West, Carnhill and Culmore
area)

028 7135 2522

Strabane Family Centre and SureStart

(North, South, East, West,
Ballycolman, Sion Mills,
Finn, Dunnamanagh,
Plumbridge)

028 7138 2658

Waterside SureStart

(Victoria, Ebrington,
Clondermott and Enagh)

028 7134 7186

Cherish SureStart

(Irvinestown, Kesh, Ederney
and Lack, Lisnarrick,
Ballinamallard, Trillick,
Devenish, Rosslea and
Newtownbutler)

028 6862 1970

Rainbow SureStart

(Castledearg, Glenderg,
Clare, Drumquin and
Newtownstewart)

028 8167 9438

Last SureStart

(Lisanelly, Drumragh,
Killyclogher, Camowen,
Strule, Fintona, Termon)

028 8225 2936

www.familysupportni.gov.uk
0845 600 6483

www.parentingni.org or
Parents helpline **0808 8010
722** or **028 7137 2006**

Action For Children **028 7132
9444 / 028 6632 4181**

www.early-years.org
028 9066 2825

www.gingerbreadni.org
**028 7137 7066
0808 808 8090**

NI Newpin: **028 7134 4477**

www.womensaidni.org
Foyle **028 7128 0060**
Fermanagh **028 6632 8898**
Omagh **028 8224 1414**

www.home-start.org.uk
Lifestart Foundation Head
office: **028 7136 5363**
Limavady: **028 7776 5438**
Enniskillen: **028 6632 0290**
Ballymagroarty / Hazelbank
/ Coshquin (Derry):
028 7126 9833
Strabane: **028 7188 5504**

www.netmums.com



References

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4. Policy work. Available from: www.thecommunicationtrust.org.uk (Accessed: 25th November 2013).

5. WATERS, E. Cummings EM. (2000) A secure base from which to explore close relationships. *Child Development*. Jan-Feb; 71(1): p 164-72.
4. GORDON, P. (2013) Assessing parent-child relationships through the lens of attachment. Available from: www.comfortconsults.com/blog/bid/316689/Assessing-Parent-Child-Relationships-Through-the-Lens-of-Attachment. (Accessed on 26th November 2013).
7. Behaviour and Development, play. Available from: www.zerotothree.org/child-development/play (Accessed on 3rd December 2013).
8. UK physical activity guidelines for early years (under 5's) for children who are capable of walking. Available from: www.gov.uk/government/uploads/system/uploads/attachment_data/file/213737/dh_128142.pdf (Accessed on 4th December 2013).

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