

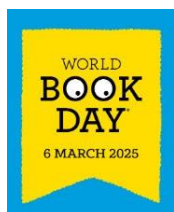
Did you know...

Brains work when brain cells connect together. Your child was born with very few brain connections in place. By the end of the first year of life, the brain has doubled in size, with billions of brain cells connected.

Everything that happens to your child builds their growing brain. The most powerful experiences for brain building are relationships. For connections to grow in a child's brain, they need to be connected to an adult. Your child's brain grows better when you do these five simple things...



We refer to these 5 building blocks as 'five to thrive'



This year to celebrate World Book Day we wanted to highlight how sharing books, stories and songs with your child can help with each of these 5 building blocks...



While reading stories or singing songs with your child, make facial expressions and use your hands and body to tell the story or do the actions, your child will watch and be interested in your responses. They will listen carefully to your voice, making senses of the words and sentences you use. Notice what they are interested in in the stories and books, name and describe what they notice.



Find a cosy place to snuggle up and share a book. Cuddling and physical contact can help your child to feel calm and relaxed, safe and loved. Sing songs that require you to hold hands and enjoy positive touch, eg row, row your boat, ring a ring a roses



Young children are not yet able to manage stress, they still need you to tune in to them and help them feel calm. Sharing a story together is a great opportunity to unwind and relax together. Turn the lights down or cuddle up with a blanket to feel really cosy! Children love hearing their most trusted adults sing their favourite songs.



Young children learn through play. Play that involves using their hands, movement and using their imagination all help the child to make sense of the world around them. Be playful when telling stories and singing songs, make up actions, take on characters from the stories/ rhymes and don't be afraid to do silly voices!



Reading to your child helps to develop a love of books that will make it easier for them to learn all through their lives, songs and rhymes are great ways for children to be interested in having fun with words. Talking and listening about the things you see in books helps children to organise their ideas.