



FIVE TO THRIVE FEEDBACK

I was recently given the opportunity to take part in a full training day at the Ramada 'Five to Thrive' thanks to my employees, Amber Family.

I have completed modules around the development of the brain throughout my studies, however, this training day supported me to bring my knowledge up to date with more current research and enabled me to really put the theory into practice. Throughout the day we refreshed our knowledge of brain development and investigated different 'positive parenting' approaches embedding an attachment-based approach. I felt the training was both interesting and extremely valuable.

Since the training day last month, I have already been able to put into practice what I learnt with both the families I work with and my own family and friends. An example of practice was only this week, I was observing a mum bath her baby once the baby had been bathed and fed the mum placed the baby on her knee facing outwards and I noticed the baby was alert and awake. I was able to use what I had learnt from 'Five to thrive' and previous training at Amber to support the mum to engage and talk to her baby. When engaging with mum I was going through the stages of 'Five to Thrive' in my head 'respond, cuddle, relax, play and talk' whilst discussing with mum the importance of stimulation. Mum replied to me saying, "She won't smile at me" and laughed by the end mum was singing away to her baby and both were smiling. Later, that evening at around 4 am I overheard mum on 'CCTV' singing to her baby whilst changing her through the night. This gave me a real 'buzz' to know I had given 'mum' an understanding of the importance of stimulation for the babies' brain.

Amy

I found the Five to thrive very interesting and the lady who delivered it was lovely. What I found interesting was how much a baby's brain grows and changes from new-born to three years old, and how important the attention from their parents is to the baby to help them survive. Sue told us a story about a home for babies, which was in another country. Where there would be over thirty babies in one room with just one person looking after them. She went on to say that the cot's would be in rows facing the desk at the front where the adult would mostly be. All the babies at the back of the room died first as they didn't get any of the attention and as you moved nearer to the desk more of the babies survived. Showing just how important all five building blocks are for a healthy brain.

Since the training I have been more aware and confident to encourage parents to give their baby their full attention whilst meeting their babies needs instead of carrying out tasks with their baby and texting on their phone, which happens a lot.

I have suggested on a couple of occasions since the training that parents have some 'skin to skin' time with their baby to help their bond become stronger. Quite a lot of parents struggle to talk to their new-born baby and often tell me they don't know what to say, the training made it very clear that it wasn't what you were saying when the baby is young but the sound and tone of your voice. I have explained this to the parents and suggested they could read a story to the baby or hum/sing to them.

Overall, I feel I use the 'five to thrive' training daily within work and appreciate that I now have a stronger knowledge of this.

Angela

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