



POSITIVE PARENTING

Promoting Development

Babies need a safe, interesting environment where they have opportunities for touching, tasting, smelling, listening to and looking at things around them.

Through contact with everyday things, babies gather information about the world around them. Each time you play with your baby, they learn something new. Some games may seem repetitive or even boring to parents, but while you play your child is learning from you.

In the first few weeks you will spend a lot of time looking after your baby, this is an important time to bond with your child, take time just to look at, talk to, touch and hold your baby.

When your baby starts achieving new skills, such as smiling, cooing, grasping at things, pushing up onto their arms or turning over, show your approval or excitement. Encourage your baby with hugs, praise, cheers and applause – whatever is comfortable for you and gets the message that you like what they are doing.





Babies enjoy activities that involve change. They enjoy games that involve repetition. Your baby will enjoy and learn from toys and items that move, or make a noise, such as rattles and activity centres.

Babies use their mouths to explore and recognise objects. Make sure there is nothing poisonous, sharp, or small enough to swallow or choke on. Avoid putting a dummy in your child's mouth for long periods of time as your baby will miss out on some important learning experiences.

Top Tips to promote development

- Talk and read to your baby from the start
- Give your baby things to look at
- Sit your baby up at times to help them look around
- Give your baby safe things to touch
- Put your baby on their tummy for short periods each day
- Encourage your baby to be active
- Take your baby on outings to help them learn about the world
- Encourage your baby's curiosity and imagination
- Encourage your baby by giving hugs, praise, cheers and applause

For information on the Positive Parenting Programmes please contact **Sheffield Information Link** who will direct you to your local **Multi Agency Support Team**.

- **Tel: 0114 275 6699**
- **www.sheffinfoLink.org.uk**