



Help Kids Talk uses the 5 to Thrive building blocks to demonstrate simple ways to support a child's speech, language and communication development. Using these 5 building blocks with our children will support infant mental health, which leads to resilience as they grow older.

Some useful tips:

Use the 5 building blocks daily or as often as you can.

Read books together and spend time face to face.

Create space for play, let your child take the lead and get involved.

Use kind and positive words to support a child's development.

Respond to a baby or child's actions, sounds and words. You can start this when your baby is in the womb.

**For further information email:
helpkidstalk@resurgamtrust.org.uk**





Talk and sing to your child during everyday activities like bath time, changing time and the walk to school.



Play is an important brain building activity for children.



When a parent/ caregiver relaxes this helps a baby or child to relax.



Cuddles and loving touch are important for healthy brain development.



When a parent/ caregiver responds to a child it builds a secure attachment.