



# Child Development Resource

Useful Resources

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## Development Outcomes



### Big Little Moments

Animations and information on how families can help build their baby's brain and support good communication and language, and social and emotional development

[www.smallstepsbigchanges.org.uk/fun-with-little-ones/big-little-moments](http://www.smallstepsbigchanges.org.uk/fun-with-little-ones/big-little-moments)



### Tummy Time

A short video to encourage tummy time

<http://bitly.ws/zytk>



### Ask Lion

Nottingham City Council's online service directory for Nottingham families

<https://www.asklion.co.uk/kb5/nottingham/directory/home.page>



### NHS Start4life

Information on breastfeeding, safe complementary feeding and recipes

<https://www.nhs.uk/start4life/>

## Emotional Wellbeing



### Solihull Approach

Evidence based model to support mental health and wellbeing through training, online courses and resources

<https://solihullapproachparenting.com/>

## Language and Communication

### Responsive relationships builds strong brains

A short video into the importance of serve and return interactions to support language and communication development

<https://bit.ly/NSPCCstrongbrains>



### ICAN

Children's communication charity providing practical help to understand and support speech, language and communication

<https://ican.org.uk>



### Literacy Trust

Independent charity working with schools and communities to provide the literacy skills to succeed in life

<https://literacytrust.org.uk>



### Speech, Language and Communication Pathway

Pathway showing provisions available to help children and young people develop their speech, language and communication skills

<https://www.e-lfh.org.uk/phe-slc-pathway/>



### How every child can thrive by five

TED talk on serve and return

<https://www.youtube.com/watch?v=aISXCw0Pi94>



### The Balanced System Framework

Framework for use in settings, schools or local areas to provide parents and professionals with the right provisions to help children with their speech, language and communication

<https://pathway.thebalancedsystem.org/>



### Tiny Happy People

BBC initiative supporting children's language and communication skills

<https://www.bbc.co.uk/tiny-happy-people>



## Further Learning



### How Stress affects our brain

A short video on the effect of stress and how practitioners and families can offer support

<https://bit.ly/3eejYUr>



### Overloaded Parents

A short video explaining how parental worries can impact on care and the support that practitioners can provide

<https://bit.ly/3Jbk0L2>



### Adverse Childhood Experiences (ACEs)

Video raising awareness of ACEs

<https://bit.ly/3ssPdn2>



### Childhood Trauma and the Brain

An introduction to what happens in the brain when children face traumatic experiences like abuse and neglect

<https://bit.ly/3EmsjQe>



### Building Adult Capabilities to Improve Child Outcomes: A Theory of Change

A video focusing on building the capabilities of caregivers to support strengthening of relationships and communities essential to child outcomes

<https://bit.ly/3ss51pO>



### How a child's brain develops through early experiences

A short video on the impact of stress on brain development and health outcomes

<https://bit.ly/32uh4bd>



### Learning Hub

A space to access and revisit past SSBC learning events  
[www.smallstepsbigchanges.org.uk/knowledge-hub/learning-hub](http://www.smallstepsbigchanges.org.uk/knowledge-hub/learning-hub)

### Building Resilience Tipping the Scales

A short video showing the impact that experiences can have on the body even before birth

<https://bit.ly/NSPCCresilience>



### Building Strong Brain Architecture

A short video on how to help build baby's brain

<https://bit.ly/NSPCCbrainarch>



### Our Brain's Air Traffic Control (Executive Function)

A short video explaining Executive Function (EF), why some children find it harder to control and how practitioners can provide support

<https://bit.ly/NSPCCAirTraffic>



### Award Winning Short Film 'Was not Heard'

A short film on the right of children to be heard and the duty of those working with them to act

<https://lcitylscb.org/award-winning-short-film-was-not-heard/>



### Film "How will you hear me? – Connor"

A short film showing the experience of a young person involved with professionals

<https://bit.ly/3G8gijq>



### Rethinking 'Did Not Attend'

Short video encouraging practitioners to think about the consequences of missed appointments on a child's wellbeing

<https://www.youtube.com/watch?v=dAdNL6d4lpk>





# Tummy Time

## Tummy Time helps:



- Promote emotional bonds
- Encourage language development
- Build baby's brain
- Babies stay active through interactive, floor based play

## Tummy Time also helps babies:

- Learn how to solve problems (*how can I grasp that toy?*)
- Learn how to deal with their frustrations (*it's just out of reach - what if I push with my feet?*)
- Ask for help
- Develop their sense of distance (*how near or far away is that toy?*) helping their eyes to work together to get a 3d view of the world



# Tummy Time



30 minutes a day is all they need and little and often is best

### Month 1



Aim for  
**10 minutes**  
of tummy time  
a day

### Month 2



Build to  
**20 minutes**  
of tummy time  
a day

### Month 3



**30 minutes**  
of tummy time  
a day by  
3 months old



Try adding **10 minutes a month**  
until your baby can roll over both ways

Remember  
there's no such thing as too much tummy time  
so use this as a guide