

Early Infant Attachment

If you can tune into your baby's needs and respond with sensitivity there will be huge benefits for you both; you will develop a secure attachment to one another. This builds to increased confidence and self esteem in later years.

Babies begin to communicate before they are born, they love to chat and engage with others. You are their first friend and all the entertainment they need.

'Although most infants do not learn to talk until their second year, their voices are there for us to hear from birth' . (Rouse Selleck 1995)

Contact the Centre for details of the next course.

Gill, Debbie & Maria

Family Support Practitioners who have been facilitating this course since 2009.

Action for Children

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Culm Valley

A Sure Start Children's Centre



Here's Looking at You, Baby!

Did you know since 2009
124 babies have enjoyed
this course at Culm Valley
Children's centre!

Here's looking at you Baby!

Here's looking at you baby is a course for parents with babies under six months old.

The course is for nine weeks at a venue in Cullompton and there are never more than ten members in the group; so it is small and friendly.

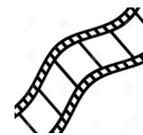


Looking and learning

During the nine weeks the topics covered include:

- Understanding your babies cues & emotions
- Understanding early brain development
- Why babies cry and your response
- How you & your baby communicate
- Positioning your baby for the best conversation
- How taking turns can empower & support you baby's emotional development
- The importance of eye contact & smiling
- The process of attachment
- How to use play time to support your baby in their development

We will use video to illustrate this, including making a six minute personal clip of you and your baby's interactions for you to keep as a momento.



Parents testimonials; here are some of the comments from just one of our groups (2013)

I have more understanding of the times when he is grumpy & have learnt to respond in appropriate ways, this has improved our bond.

I am amazed by my son, everyday looking and acknowledging the new things he can do.

I involve my husband too and I explain the things I've learnt at HLAYB

A friendly welcoming atmosphere with the ability to share thoughts and ideas non-judgementally

I'm amazed by their capacity to learn & am dedicated to providing a stimulating environment for him.