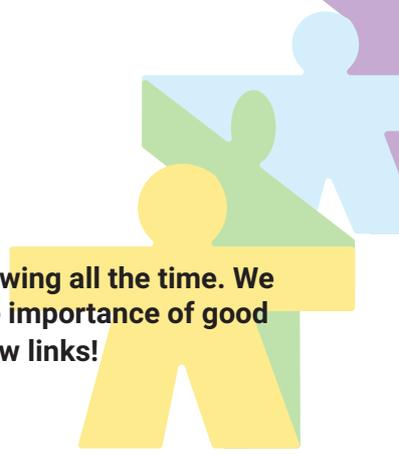


READING LIST

Research around the importance of nurturing, loving relationships in baby-hood is growing all the time. We thought you might like to check out some great resources which really bring home the importance of good parenting skills and warm, nurturing relationships in babyhood - please enjoy the below links!



BABY'S BRAIN DEVELOPMENT AND THE IMPLICATIONS FOR RAISING A CHILD

Overview: I've got some shocking news about your baby. Her brain is more active than yours. Your habits are likely to affect her for a lifetime. And she needs your love and nurturing way more than she needs clothes, toys or a learn-to-read programme.

Link: <https://www.ohbaby.co.nz/baby/growth-and-development/babys-brain-development-and-the-implications-for-raising-a-child/>

TED TALK – LESSONS FROM THE LONGEST STUDY ON HUMAN DEVELOPMENT

Overview: How many of you have children? and How many of you are confident you know how to bring up your children in exactly the right way? Like you I don't always know what I am doing. For the last 70 years scientists have been following the lives of children...with some surprising results

Link: https://www.ted.com/talks/helen_pearson_lessons_from_the_longest_study_on_human_development#t-190024

WE CAN ALL SET THE STAGE FOR A CHILD'S LIFELONG HEALTH AND INTELLECTUAL DEVELOPMENT DURING THIS TIME OF ENORMOUS POTENTIAL.

Overview: "Just spend time with your babies. Talk to your babies. Interact with your babies. Play with your babies. Do all of those special things with your babies. The housework can wait! But spending time with your baby will develop your baby's brain. And then we have a lovely, secure child growing up with good self-control, good self-regulation, that grows up to be a super competent person who, in turn, parents well themselves."

Link: <https://wrightfamilyfoundation.org.nz/love-grows-brains.html>

LIKE TREES, CHILDREN NEED STRONG FOUNDATIONS.

Overview: A tiny kauri seed floats on the wind and then settles. It has the genetic potential to become a mighty sheltering giant of the forest, but it needs warmth, moisture, light and space in order to thrive. Strong kauri trees put down deep roots that anchor them firmly in the soil and prevent them blowing over in storms. In the same way a human baby has the potential to be many things. Loving, responsive care when they are very young provides a strong basis for children to grow and flourish. Soothing, secure relationships encourage a child to be resilient and strong in the face of difficulties.

Link: <http://www.brainwave.org.nz/>

A CAMPAIGN TO GET US TALKING MORE AND DIFFERENTLY TO BABIES AND YOUNG CHILDREN

Overview: Talking Matters is a community-wide initiative, bringing together education, health and social services with whānau to promote the importance of talking more and talking differently with children, to maximise their potential. Talking is particularly important when children's brains are forming – in the first three years, so our focus is families with infants and toddlers.

Link: <http://www.talkingmatters.org.nz/>





A CHILD'S BRAIN UNDERGOES AN AMAZING PERIOD OF DEVELOPMENT FROM BIRTH TO THREE— PRODUCING MORE THAN A MILLION NEURAL CONNECTIONS EACH SECOND.

Overview: The development of the brain is influenced by many factors, including a child's relationships, experiences and environment. Learn more about the crucial role you play in building your baby's brain.

Link: <https://www.zerotothree.org/early-development/brain-development>

THE FIRST FIVE YEARS OF A CHILD'S LIFE ARE CRITICAL FOR DEVELOPMENT. THE EXPERIENCES CHILDREN HAVE IN THESE YEARS HELP SHAPE THE ADULTS THEY'LL BECOME.

Overview: In the first five years of life, your child's brain develops more and faster than at any other time in his life. Your child's early experiences – his relationships and the things he sees, hears, touches, smells and tastes – stimulate his brain, creating millions of connections. This is when the foundations for learning, health and behaviour throughout life are laid down.

Link: http://raisingchildren.net.au/articles/child_development.html

THE IMPORTANCE OF EARLY BONDING ON THE LONG-TERM MENTAL HEALTH AND RESILIENCE OF CHILDREN.

Overview: Human babies are born very dependent on their parents. They undergo huge brain development, growth and neuron pruning in the first two years of life. The brain development of infants (as well as their social, emotional and cognitive development) depends on a loving bond or attachment relationship with a primary caregiver, usually a parent.

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5330336/>

THE IMPORTANCE OF EARLY DEVELOPMENT FOR LATER SUCCESS

Overview: The early years are crucial for the development of a secure emotional attachment and the skills that help children succeed in life. Promoting and developing these skills along with strengthening families are important ways to improve long term outcomes for children.

Link: <http://synergies.oregonstate.edu/2013/the-importance-of-early-development-for-later-success/>

THE FIRST 1000 DAYS OF LIFE LAY DOWN THE ARCHITECTURE OF THE BRAIN.

Overview: Though not many of us know it, a whole lot hinges on our first 1 000 days. This time period is crucial as it affects areas such as physical growth, peer skills as well as emotional and social development.

Link: <https://www.youtube.com/watch?v=XCscN4zuvd4>

