HELPING BABIES BE HEARD

1 WHAT WE DID

NHS Education for Scotland (NES) and people who understand babies created learning for adults who support them and their families. This learning helps adults understand how babies show their feelings, even before they can talk. It helps the people looking after the baby understand what the baby might want or need and to show they care. This helps babies to feel safe and loved. The learning also helps adults understand babies' mental health and how to help from the very start of their life.

2 WHAT DIFFERENCE DOES THIS MAKE?



This work helps adults and families understand how babies show their feelings and what they need.

By noticing and responding to babies signals, adults can care for them in gentle and loving ways. This helps babies feel safe, close to the people caring for them, and well looked after.

These early experiences help babies feel secure and support their health and wellbeing as they grow.

3 HOW THIS HELPS CHILDREN'S RIGHTS



This work helps protect babies rights by making sure:

- Babies are listened to, even before they can use words
- Babies are supported to grow and develop well
- Babies get the care they need for their health, including their feelings and early development

4 GIRFEC

This work helps make sure babies are:

Nurtured: Adults care for babies in gentle and loving ways.

Safe: Adults understand what babies need and respond to them.

Healthy: Babies are supported in their feelings and how they grow.

Respected: Babies are seen as having their own feelings and ways of communicating.

5 THE PROMISE



This work follows The Promise by helping children get the support they need early and by building caring loving connections. By helping babies from the very start, it supports adults to understand their feelings and needs. This helps babies feel safe, cared for, and supported as they grow.

6 WHY IT MATTERS



Children's rights start from when a baby is born. This means babies should be listened to and cared for in ways that understand their feelings and needs. When adults understand how babies show how they feel, they can care for them in gentle and loving ways. This helps babies feel safe, cared for, and able to grow and do well from the very start.

THE PARENTING PROGRAMME, NES PSYCHOLOGY DIRECTORATE