



SUPPORT
FROM THE START

North Berwick Coastal Area

We are a network of parents and services who are working towards helping children from pre birth to 8 years and their families to get the best start in life.



How can I help my child be ready to learn?

8 Important Ingredients

- **Lots of love:** Providing your child with lots of love and responding warmly to his/her cues leads to a secure attachment.
- **Talking and Listening:** Your child learns when you talk with him/her. Singing, rhyming and reading also builds his/her skills.

- **Play, play and more play:** Different types of play help your child grow and develop. Spend time playing with your child.
- **Daily physical activity through active play:** Provide opportunities for physical, active play to help your child develop skills and strong muscles and bones.
- **Good nutrition:** Good nutrition gives your child the building blocks to grow, have enough energy to learn and stay healthy.
- **Daily routine:** It helps your child if he/she has routines



for getting up, eating, going to bed, active play and quiet play.

- **Regular health and development check-ups:** Your child learns better when he/she feels well and can see and hear well.
- **Rest and sleep:** As well as around 10 hours of sleep, too much time in front of the television or other electrical equipment is not good for children.



To find out when we next meet,
call Sandra at North Berwick
Community Centre on

01620 893056

Or visit our Facebook page

<https://www.facebook.com/SupportfromtheStart>

