

How you can use 50 Things to Do Before You're Five in your Home Visiting Schedule

50 Things to Do Before You're Five is based on such a simple idea: Fun, low or no-cost experiences for the whole family, indoors and outdoors. It is a free bucket-list of 'fun stuff', involving an app, website, and social media campaign. It provides **Health Visitors** with the perfect resource for supporting your families. This guide demonstrates how some of our 50 Things can be threaded into your home visits.

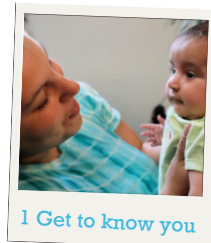
Note: We recognise that not all Health Visitors provide all of the outlined visits. This is designed as inspiration and, of course, there are many more activities in our 50 Things offer that you may feel are appropriate to share!

Antenatal Contact (after 28 weeks of pregnancy)

Visit aim: The Health Visitor will complete a full assessment of the family's needs, with a focus on health and emotional wellbeing, preparation for parenthood, and the parent-infant relationship. This is also an opportunity to share key health messages with parents.

50 Things to Do Activity Suggestion

#1 Get to know you: Your baby can recognise your voice as early as 24 weeks so by talking, singing and reading stories to them this will support the attachment between mother and baby. Creating a bond and attachment will support your child's attachment throughout their life.



HCP Visit Schedule

| Contact | Timing |
|-------------------|---|
| Antenatal contact | After 28 weeks of pregnancy |
| New birth visit | 10-14 days after the birth of the baby |
| Postnatal review | When the baby is 6-8 weeks old |
| 3-4-month contact | When the baby is 3-4 months old |
| 12 month review | Offered between 9 and 12 months old |
| 2 year review | Before the child reaches 2 years and 6 months |

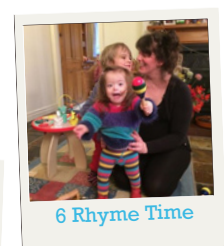
New Birth-Visit (10-14 days after the birth of the baby)

Visit aim: The Health Visitor will assess how things are going for the family and will offer support for health and emotional wellbeing and the parent-infant relationship. They will also assess the baby, including a top-to-toe observation, weighing and taking measurements. The Health Visitor can offer support on a range of issues including feeding, child development and key health messages.

50 Things to Do Activity Suggestion

#1 Getting to know you: talking, singing and reading stories to your child will support attachment between mother and baby.

#6 Rhyme time: this is a fun activity that can help develop language from a very early age. Even at this very early stage of your baby's life, the sing-song rhythm is soothing. Language and Communication is one of the fundamental skills we develop that helps us in all areas of our lives.



Postnatal Review (when the baby is 6-8 weeks old)

Visit aim: This includes a health and emotional wellbeing assessment for parents/carers and their baby, and it is a chance to get support for any concerns. The baby can also be weighed and measured.

50 Things to Do Activity Suggestion

#1 Getting to know you

#6 Rhyme time

#10 Sharing Books: Reading books to your baby will enhance the bond you have already created, and the sound of your voice will be very soothing to your baby. By introducing stories you will be exposing your baby to new vocabulary and building their knowledge of spoken words.

#21 Gigglebox: Sensory stimulation is an enjoyable way to interact with your baby. Playing games such as peek-a-boo or making silly faces or noises can engage your baby to use their senses and begin to explore the world around them.

#32 Where Have I Gone?: Babies love to play peek-a-boo. This engages their eye contact and strengthens the attachment bond you have already created, and promotes their imagination.



1 Get to know you



6 Rhyme Time



10 Sharing Books



21 Gigglebox



32 Where Have I Gone?



3-4-month contact

Visit aim: This contact will focus on the emotional wellbeing of the mother and is an opportunity to discuss their baby's health and development. It is also a chance to share key health advice such as when to introduce solid foods.

50 Things to Do Activity Suggestion

#1 Get to know you

#6 Rhyme time

#10 Sharing Books

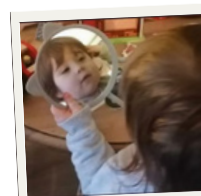
#21 Gigglebox

#2 Where Am I?: Describing the world around your baby helps to create that safe and secure environment that we want all children to learn and develop in. It again allows you to introduce new vocabulary to your baby, by describing what and who you can see.

#3 Treasure Time: Babies begin to explore things around them with their hands and mouth, this allows babies to have a sensory experience. This activity will also provide an opportunity for your baby to have some Tummy Time to help strengthen their neck and core muscles.

#8 Bubbles: Creating bubbles enhances your baby's visual skills, as their eyes learn to fix, track and focus. This activity also allows Tummy Time for your baby again, helping improve their gross motor skills of moving their head.

#39 Talking Signs: Using simple, easy signs helps to promote your baby's language, and encourages them to communicate their wants and needs.



2 Where am I?



3 Treasure Time



8 Bubbles



39 Talking Signs

12 month review (offered between 9 and 12 months old)

Visit aim: This contact is an opportunity to assess the baby's growth and development. The team will also give support with physical health and emotional wellbeing concerns and share important health messages.

50 Things to Do Activity Suggestion

#4 Make Your Mark: This activity creates an opportunity for your baby to engage with their senses by using different materials to make marks. It also provides an opportunity to introduce new words with your baby by naming the different materials you are using. This activity also encourages gross and fine motor skills for your baby, they can do big circular movements to make marks or begin to grasp the item in their hand.

#5 Squidgy Sand: This is a great sensory experience for your baby. They can feel a different texture of material, on their hands and feet. You can extend the play in #32 *Where have you gone*, and hide objects. Babies can use their gross motor skills to dig in the sand. New vocabulary can also be introduced such as, pour, sprinkle, dig, fill and empty.

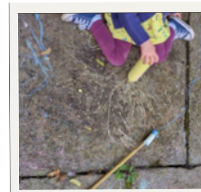
#7 Making Music: This is a very enjoyable activity for your baby. They will enjoy using a variety of household objects to create different sounds. If you clap along and show your enjoyment, this will encourage them to enjoy the activity even more. This is a fun and loud activity to enjoy together and encourages listening skills for you baby. When they begin to use phonics at school they will already be honing in on listening to a variety of sounds.

#11 Making Connections: Babies enjoying fastening items together. Train tracks, inset jigsaws and building blocks all helps to promote hand-eye-co-ordination for babies.

#22 My Secret Treasures: Natural curiosity should be promoted from an early age, encouraging babies to explore the objects in their environment. Play can be anything your baby wants it to be!

#26 Splish, Splash, Splosh: Water play is very enjoyable for babies and can enhance their language skills by hearing the different words that are associated with water play. This style of play also sparks babies' investigative skills, by discovering which items may float or sink, which can hold water and what leaks. All of this investigating work supports babies to understand the world and carry out science experiments.

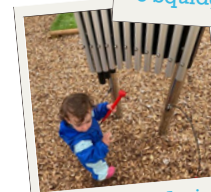
#49 Grass Gazing: This activity allows you and your baby to enjoy using your different senses such as listening, feeling and smell. It creates peace and stillness, and promotes language by discussing what you can see and hear.



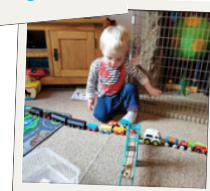
4 Make Your Mark



5 Squidgy Sand



7 Making Music



11 Making Connections



22 My Secret Treasures



26 Splish, Splash, Splosh



49 Grass Gazing



2-Year Review (before the child reaches 2 years and 6 months)

Visit aim: This is a key developmental assessment of the child. A questionnaire to understand the child's development will be sent to parents/carers before the visit and will be discussed during the assessment.

50 Things to Do Activity Suggestion

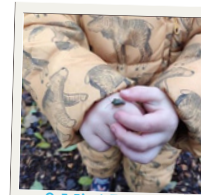
#9 Mini Beasts and Bug Hunting: An opportunity for you to teach your children not only about nature, but how to care for mini beasts such as handling them carefully.

#20 Mini Artists: You can make marks anywhere with your child but what could be more fun than decorating the walls outside your home using chalks or even water? This promotes their gross motor development.

#25 Creative Junk: Playing with a cardboard box has limitless possibilities - it encourages children's imagination and exploration interests! A box can be anything to a child and encouraging this play gives them the opportunity to grow their imagination. With your support, their language skills, as well as new words and story lines, can be introduced in this style of play.

#42 The Rough and the Smooth: This style of tactile play is so important when it comes to your child's writing skills. By manipulating dough, your child is strengthening their fine motor skills in preparation for holding a pencil and creating marks.

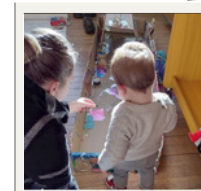
#48 Natural Art: By collecting items out in the natural environment you can discuss how different items feel such as leaves, twigs or conkers, introducing new language and describing words to your child. Once the items have been collected, you can then create a picture that promotes your child's imagination.



9 Mini Beasts and Bug Hunting



20 Mini Artists



25 Creative Junk



42 The Rough and the Smooth



48 Natural Art

50 Things to Do Before You're Five can also support your provision of targeted interventions, community-centred approach whilst being a universal offer. Find out more by reading **Using 50 Things to Do Before You're Five as a Health Visitor**.



50 things to do

