



Our vision

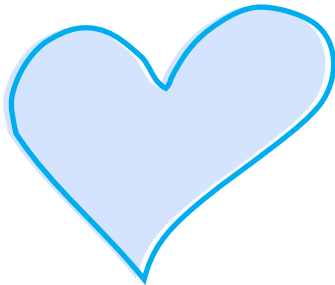
Every child enjoying, achieving and included

Our mission

Working together for positive outcomes through early intervention

Our core values

- Child and family centred
- Inclusive
- Solution-focussed
- Working together
- Enabling all



“ Reflect is a six-session intervention aimed at empowering early years practitioners to engage in five to thrive practice. ”

Five to Thrive is a nationally recognised programme devised by Kate Cairns Associates
www.katecairns.com

Contact us

For advice and guidance please email us at:
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Together 
for Families

Reflect - a five to thrive intervention

A guide for parents, carers and professionals



 www.cornwall.gov.uk

Your child's body grows better when you give your child good food. Your child's brain **grows** better when you do **five** simple things that feed the growing **brain**.

These are your child's daily 'five to thrive' – the **building** blocks to a **healthy** brain.

A healthy brain will help your child:

- be happy about themselves
- make friends and enjoy their family
- have the best start for learning once they go to school.

Every day will bring many opportunities to give your child's brain what it needs to grow.



What happens during Reflect?

A setting refers a child to the Early Years Inclusion Service (EYIS) when they have put in reasonable adjustments for a child and still have concerns around the child's personal, social and emotional Development.

A professional from the EYIS visits to observe the child and determine whether they meet the criteria for Reflect.

An Early Years Inclusion Worker (EYIW) and a setting practitioner (often the child's keyworker) are identified to carry out the intervention.

A meeting is held between the setting, the EYIS and the child's parent/carer. The parent signs a consent form and targets are set.

Strengths and difficulties questionnaires are completed by the parent and the setting practitioner at the start and end of Reflect, to measure progress made.

At the first session, the EYIW takes a short film-clip of the child and practitioner. The two adults analyse the clip, informed by Five to Thrive, to see what works well for the individual child. Next steps are set.

Three more visits take place, where the EYIW looks at what is going well and gives support as needed. Next steps are agreed at each visit.

During the fifth visit, another film clip is taken and analysed by the EYIW and practitioner, who note progress.

The final session includes a review of the goals set at the beginning of Reflect and another meeting between EYIS, parents and setting. The next steps for the child are identified.

The brain is amazing....

In the first three years of life the brain is changing

Respond

I need you to respond to me so that I can learn to manage my own responses.

Cuddle

I need to feel safe and protected, feeling safe helps my brain settle and get things sorted out.

Relax

My brain is so active and I find things confusing. This can make me feel frustrated and stressed. When I relax with you my brain starts to sort out how I can relax all by myself.

Play

Playing helps me to make sense of the world. I watch you and listen to you and learn from you all the time, and when you play with me it really helps me to start to think and understand.

Talk

The more I can practise talking, the more my brain gets organised to understand and use words.

So what happens to your child, shapes their brain. The most important thing that happens to your child is you!

With reference to Kate Cairns Associates