



Gofal Cymdeithasol **Cymru**
Social Care **Wales**

Baby resources

The resources below are to give workers a range of information about looking after babies or toddlers in their settings.

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Go to

<https://socialcare.wales/resources-guidance/early-years-and-childcare/baby-resources> for the latest version.

The resources below are to give workers a range of information about looking after babies or toddlers in their settings.

Childcare provision and support services

- [Information, support and advice services](#) by Dewis Cymru
- [Screening and assessment tools](#) by NHS Wales
- [Public health priorities](#) by Public Health England
- [Healthy child Wales programme](#) by Aneurin Bevan University Health Board
- [Early Childhood Play, Learning and Care: Assessment Arrangements for nought to three year olds in Wales](#) by Welsh Government

Milestones

Baby development milestones

- [An overview of the Healthy child Wales programme](#) by NHS Wales and Welsh Government
- [Your baby's development: physical stages](#) by National Childbirth Trust (NCT)
- [Early childhood play, learning and care: reflective practice toolkit](#) by Welsh Government
- [Early childhood play, learning and care: Developmental pathways 0 to 3](#) by Welsh Government
- [A Quality Framework for Early Childhood Play, Learning and Care in Wales](#) by Welsh Government

Emotional development

- [What are social-emotional skills?](#) by Pathways.org

Language acquisition

- [Help your baby's communication development](#) by Pathways.org
- [A guide to how babies typically learn to communicate between nought to six months](#) by Speech and language UK
- [Tips for talking to your baby and young child](#) by National Literacy Trust
- [Look, say, sing, play: resources to use and share with parents](#) by NSPCC
- [Talk with me](#) by Welsh Government

Motor skills

- [Help your baby develop motor skills](#) by Pathways.org

Brain development and reciprocity

- [Understanding why your child's brain is so amazing](#) by Welsh Government

Signs of developmental delays or special needs

- [Developmental delay information for parents of disabled children](#) by The Challenging Behaviour Foundation

Rights

- [What are children's rights?](#) by Welsh Government

Nutrition

- [Best practice guidance on food and nutrition for childcare settings](#) by Welsh Government
- [Information on nutrition](#) by First Steps Nutrition Trust
- [Healthy start – get help to buy food and milk](#) by NHS

Feeding including bottle feeding

- [Discover the basics of feeding your baby](#) by Pathways.org
- [Feeding babies at nursery](#) by Early Start

Allergies

- [Schools and early years tools and tips for a better whole school allergy awareness and management](#) by Allergy UK
- [Food allergies at nursery](#) by National Day Nurseries Association

Bonding and attachment

Methods to promote, maintain and encourage bonding and attachment

- [Guide on using attachment ideas in day to day practice](#) by Anna Freud National centre for children and families
- [What is attachment theory and why is it important?](#) by NSPCC

Bereavement

- [Bereavement \(babies and toddlers\)](#) by Anna Freud National centre for children and families
- [Supporting young children and families through bereavement](#) by Anna Freud National centre for children and families

- [Supporting a bereaved child in an early years setting](#) by Child Bereavement UK
- [Supporting siblings through a stillbirth](#) by Tommy's

Activities

- [Baby and toddler play ideas](#) by NHS
- [Nature Play for Babies and Toddlers](#) by Early Childhood Outdoors
- [Playing outdoor in early years settings – a toolkit](#) by Play Wales
- [An introduction to sensory play](#) by Hwb

Care

Physical care routines

- [Guidance on care](#) by Birth to 5 matters
- [Washing and bathing your baby](#) by NHS

Carrying and holding babies and toddlers safely

- [Handle with care: a guide to keeping your baby safe](#) by NSPCC
- [Car seat safety: A guide to keeping your child safe in the car](#) by child accident prevention trust

Washing, dressing and changing nappies

- [How to change your baby's nappy](#) by NHS

Toileting

- [Information and advice on toileting](#) by ERIC, the children's bowel and bladder Charity
- [Common difficulties in the early years - toileting](#) by Anna Freud National centre for children and families

Sleeping

- [Safer sleep information](#) by The Lullaby Trust
- [Common difficulties in the early years](#) by Anna Freud National centre for children and families
- [Caring for your baby at night and when sleeping](#) by UNICEF UK
- [Safe sleep](#) video by the Public Health Agency of Canada

Emergency first aid

- [First aid posters](#) by St John Ambulance

Resources for new parents

- [Information about your pregnancy and birth](#) by Public Health Wales
- [Help and support for new parents \(Give it Time\)](#) by Welsh Government
- [Information about newborns to age two](#) by Welsh Government
- [What are children's rights: guidance for parents and carers](#) by Hwb
- [Teulu Cymru: support for families in Wales](#) by Welsh Government
- [Activity cards to do at home](#) – Early Years Wales

Resources for practitioners

- [Parenting and family support](#) by Family Lives
- [Information to help professionals in their practice as they support families](#) by NHS Wales
- [Pregnancy, baby and parenting advice](#) by NHS England

- [Flintshire early years and childcare](#) information by Flintshire County Council
- [Early childhood play, learning and care \(ECPLC\)](#) by Hwb
- [National Minimum Standards for regulated childcare](#) by Welsh Government