

# Lifestart's Growing Child Programme

The Growing Child programme is designed to support and educate parents on how their children will learn and develop in the early years. It is delivered to you in your own home each month by a Family Visitor.

You will find your Family Visitor is well informed, very supportive and respectful. The monthly home visit provides you with the opportunity to:

- Understand about your child's stage of development
- Learn how to encourage this development
- Talk about your child's achievements
- Discuss any concerns you may have

By participating in Lifestart's Growing Child programme, you receive:

- Monthly home visits
- Growing Child information which is just right for your child's stage of development
- Health and Safety Information
- News about events and services in your community

What participating parents have told us:

- "I know I am not alone in this!"
- "I know I am doing the right things!"
- "I can relax and enjoy my children."
- "My child is doing really well."

# Your Questions?

## Who is Lifestart Growing Child for?

The programme is for parents and carers with children aged between birth and five years.

## Why the Growing Child programme?

Bringing up your baby and providing the best start in life is one of the most important jobs you will ever do and your baby will benefit from your attention and care. Lifestart's Growing Child can provide the information that will support you and your baby as you learn and grow as a family.

## Why the early years?

We now know that babies arrive with a great capacity to learn. What they experience in the early days of life will have a strong impact throughout their lives. Having a caring, positive and supportive start will make all the difference to your child's life.

## Why is Lifestart delivered in the home?

Your home is the environment where you will care for your child and help them learn about their new world. Your home is where you can be the personal support you and your family can use at this special time in your lives.





# Benefits of Lifestart

How will you and your child benefit from participating in the Lifestart Growing Child programme

As a parent:

- You will be better informed about child development
- You will have better relationships with your children
- You will have more confidence in your parenting skills
- You will be more aware of how to provide learning opportunities in the home

Your child will:

- Be confident
- Have good self esteem
- Be a good communicator
- Play well with other children
- Be curious and eager and ready to learn.

The Lifestart Growing Child Programme is a licensed programme developed by a group of academics and child development experts in the USA. It is regularly reviewed and updated to incorporate the latest research into child development and learning. To receive further information on the Lifestart Growing Child Programme or our full range of products and services, please contact us at:



**Growing Child  
The Programme for Parents**

Information for Parents and Carers