

New resources to help parents bond with their baby

Leeds City Council and the NHS in Leeds have produced two new resources that can be used by health and social care practitioners when working with families during pregnancy and early years, to promote attachment and bonding with their baby.

The [A3 poster](#) can be displayed to help promote the messages and the [A5 prompt card](#) is designed for use by practitioners as part of a conversation with parents-to-be or parents who have recently had a child. They help explain how building strong relationships with their unborn baby during pregnancy and the first two years of their life is the most effective way to help them develop good physical, emotional and mental health. It provides practical tips on how families can do this.

We know practitioners in Leeds are already having these conversations with parents and families, but the resources are designed to support by providing a consistent message in an easy-to-understand format. The resources are part of the Leeds Best Start Plan, which aims to ensure a good start for every baby from conception to age 2 years, with early identification and targeted support for vulnerable families early in the life of the child.

You can use the links above to print your own copies of the A3 poster and A5 prompt card.