




## Supporting the anxiety (intervention)

Supporting approach	Making it successful	Resources
<p style="text-align: center;"><b>'5 to thrive'</b></p> <p>The <b>five to thrive</b> model is a way of understanding how connected relationships are fundamental to human wellbeing and help us to build resilience.</p> <p>The <b>five to thrive</b> building blocks (shown on right) describe a sequence of relational activities that build healthy brains in young children.</p> <p>These five building blocks are to enable  mind-mindedness  co-regulation  co-learning  between children and key adults in their life.</p> <p>Find details on the approach on the website  <a href="#">Five to Thrive - An attachment-based approach to positive parenting</a></p> <p>And booklets to download <a href="#">Attachment, Nurture &amp; Trauma Informed Practice (inc.Five to Thrive)</a></p> <div style="text-align: center;">  </div>	<p>Five to Thrive is not a programme but encouraging practitioners and caregivers to use lots of different ways to incorporate <b>respond-engage-relax-play-talk</b> (for babies and young children, engage is often referred to as cuddle) into the everyday interactions, experiences and environments for children.</p> <p>Practitioners should think about what approaches they already use that give children these five building blocks for development.</p> <p>There are always ways we can enhance the number and nature of the five building blocks for children.</p> <p>Five to Thrive can be used to</p> <ul style="list-style-type: none"> <li>- promote healthy development for all children</li> <li>- respond when a child has emerging or known additional support needs that would be assisted with attachment-informed interactions, experiences and environments.</li> </ul>	<p><a href="#">Five to Thrive - An attachment-based approach to positive parenting</a></p> <p><a href="#">How to help work in partnership with parents/ carers using Five to Thrive.</a></p> <p><a href="#">Guidelines for the Five to Thrive building blocks.</a></p> <p><a href="#">Attachment, Nurture &amp; Trauma Informed Practice (inc.Five to Thrive)</a></p>