

Five to Thrive

Five to Thrive has been around in Bristol Early Years for many years in early years settings and being promoted in family support groups. Five to Thrive is an approach which consists of the 5 building blocks for a healthy brain which are drawn from research into the key processes of attachment and attunement which forge bonds between young children and their carers.

The 5 building blocks are designed to support positive feedback processes; enabling practitioners to observe and reinforce positive interaction between parents and their children.

As it is seen as a positive model for working with young children and their families the Early Years Service invested some funding and in January 2020 we held a training session. This session was for Early Years Practitioners, Lead Teachers, Family Support Workers and Childminding Support Workers with an aim for us to develop a group of Five to Thrive Lead Practitioners.

We now have a group of 12 Five to Thrive Lead Practitioners who have met on a regular basis over the last 2 years to develop our Five to Thrive offer for Early Years in Bristol.



Our Vision is through working collaboratively with a range of early years and family support professionals the Five to Thrive principles will be embedded in the work of integrated early years and family support practices across Bristol.



The Five to Thrive Lead Practitioners have been busy and have so far developed:

- Comprehensive information about Five to Thrive on the Early Years website; [Priorities – Five to Thrive | Bristol Early Years](#)
- A range of resources for practitioners to use on the website;
- A training session: Introduction to Five Thrive being delivered across the city, which looks at building a healthy brain, attachment needs, and explore how best to use the approach in practice;
- The family support teams are using Five to Thrive in their universal and targeted groups across the city;
- A regular Newsletter – the first one is available here: [Five to Thrive – News | Bristol Early Years](#)

The Introduction to Five to Thrive will be available both through the Network Development Opportunities and for Childminders on the Annual Training Plan:

The Five to Thrive Lead Practitioners are also developing further materials so watch this space!