

## What is Thrive?

Thrive is an approach to the early identification of emotional developmental need in children so that differentiated provision can be put in place quickly by the adults working most closely with the child.

Addressing emotional developmental needs early builds resilience, prepares children for school and equips them to be ready and willing to learn and it helps children who are at risk of underachieving to re-engage with learning.

The approach is pulled together by continuous research from four core areas:

- Neuroscience: the scientific study of the nervous system, including the brain.
- Attachment Theory: the study of the relationship between a child and their primary carers and how this relationship influences the child's development.
- Child development: the stages of growth and development during childhood.
- The role of creativity and play.

## We believe

- Every child is a unique person, constantly developing and learning in different ways and at different rates, each with their own abilities, talents and potential to be fulfilled.
- Children's healthy development, emotional wellbeing and learning are crucially dependent on, and prompted through, positively relationships.
- Children flourish when they are confident, self-assured, capable and resilient.
- Children thrive in enabling environments where their individual development, learning experiences and needs are understood, responded to and supported through strong partnerships with parents and carers.

## Family Thrive

This is a 6-week course designed to support parents and carers wishing to learn more about the Thrive Approach and its practical, everyday application to family life.

This course will help parents and carers understand:

- How being in relationship helps their child's emotional development.
- How children's brains and nervous system development.
- How play and creativity is important for their child's healthy emotional development.
- How to understand behaviour as a communication.
- How to support their child at times of challenge and change.