



The Baby Room Project

A fun, sustainable and an exciting project that enlightens practitioners and parents about their baby's brain development in order to raise the quality of babies experiences.

The aim of The Baby Room Project is to raise the quality of babies' experiences by creating a fun, sustainable and exciting project that enlightens practitioners and parents about their baby's brain development & empowers practitioners working with young infants to be confident and passionate about their vital work.

A baby's brain is an incredibly powerful organ and grows and develops at an amazing rate, even during sleep. Every experience a baby has shapes their brain. How people play and interact with babies is key to growing physically and emotionally healthy babies.

Babies learn through play and love to engage in activities which challenge them physically, mentally and emotionally. Smiles, waves, cries, facial expressions, body movements and eye contact are some of the ways in which babies try to communicate. They crave people playing with them, aptly communicating with them, being interested in them and loving them. Kissing and loving touches releases opioids and oxytocin in the brain which helps babies feel happy and helps their brains grow healthily.

“The needs of all children in their early years can be summed up quite simply – the need for affection and nurturing care from adults who are responsive, kind and loving.”

Maria Robinson (2009) Foreword to The Northamptonshire Baby Room Project.

At the Old Forge, our practitioners receive regular 'Baby Project' training and apply the methods and theories in their everyday practice. We are also currently piloting a 'Baby Project Group' aimed at parents with babies, so that we can share our in-depth knowledge and experiences. Please contact us for more information.

