



Getting it right from the Start. Tameside and Glossop Early Attachment Service developed this film on attachment and bonding for new parents. 'Getting it right from the start' is given to every new parent in Tameside and Glossop. It is based on two years of research and filming local families, this resource draws on principles of early attachment, brain research, the Neonatal Brazelton Assessment Scale (NBAS) and containment.

We have uploaded our DVD 'Getting it right from the start' on Youtube. It is in various formats. The whole DVD has been uploaded and we have also uploaded it in 10 separate short chapters as well. The booklet is still available for parents and will continue to be given out free in Tameside and is available for purchase outside Tameside. The YouTube link for the whole DVD **Getting it Right from the Start** is:

<https://www.youtube.com/watch?v=8isPZ8JYTR8>

The links for the various chapters are:

Chapter 1: Attachment and Bonding:

<https://m.youtube.com/watch?v=OxnPhP-DY5o>

Chapter 2: What is it important to develop a good relationship with your baby (Baby brain development)?:

<https://m.youtube.com/watch?v=Rpi7-7bpRBY>

Chapter 3: What can you do to help build a relationship with your baby

https://m.youtube.com/watch?v=4SoUfBmv_bc

Chapter 4: Learning more about your baby (Baby states):

<https://m.youtube.com/watch?v=H7ZK7FF23sA>

Chapter 5: Soothing a crying baby:

https://m.youtube.com/watch?v=lu_thbCG41Q

Chapter 6: Playing and talking with your baby:

<https://m.youtube.com/watch?v=SJ0R6KAVRts>

Chapter 7: Baby time out signs:

https://m.youtube.com/watch?v=S5m_IBIGtRU

Chapter 8: Feeding your baby:

<https://m.youtube.com/watch?v=yaPI1ZXcxD8>

Chapter 9: Coping when things are difficult:

https://m.youtube.com/watch?v=_Dzt46Xf-kw

Chapter 10: Having a sick baby:

<https://m.youtube.com/watch?v=Lxm8qQQ7gDY>

The DVD has been translated into Sylheti and can be accessed on YouTube via:

<https://www.youtube.com/watch?v=3-QtAnpnzsY>

EAS is partnership service run jointly between Pennine Care NHS Foundation Trust and Tameside and Glossop Integrated Care NHS Foundation Trust

