

# Ten recommendations

1. Increase breastfeeding and good antenatal nutrition
2. Promote language development
3. Reduce domestic violence; and stress in pregnancy
4. Achieve a major reduction in abuse and neglect
5. Set up an effective and comprehensive perinatal mental health service
6. Assess and identify where help is needed
7. Focus on improving attunement
8. Promote secure attachment
9. Ensure good, health-led multi-agency work
10. Ensure early years workforce has requisite skills