Essex County Council
Children and Families

Talk, Listen and Cuddle

Talk, listen and cuddle (TLC) is an Essex campaign helping parents, carers and families give their young children the best start in life, developing their communication skills through playful learning at home.

TLC Top Ten Talking Tips

to help your child's communication

Say your child's name first as this will gain their attention.

Get down to your child's level so they can see your face when you speak.

Use gestures when you are talking as this will give your child extra clues to help them understand what you are saying.

Repeat back what your child says to model language and let them know you are listening.

Follow your child's lead so they know you are interested in what they are doing.

Comment on what your child is doing as this will help them learn new words.

Make more comments and ask less questions as this will help build their vocabulary.

Pause to give your child time to think, give your child at least 10 seconds to process information.

Speak in short sentences to help them understand what you are saying.

Sing songs and share stories every day. This will give your child confidence as they become more familiar with them.

Talk Listen Cuddle

For more information scan the QR code or visit:
www.tlc-essex.info