

Talk

Children learn to **talk**...  
every time you **talk** to them.

Listen

Children learn to **listen**...  
every time you **listen** to them.

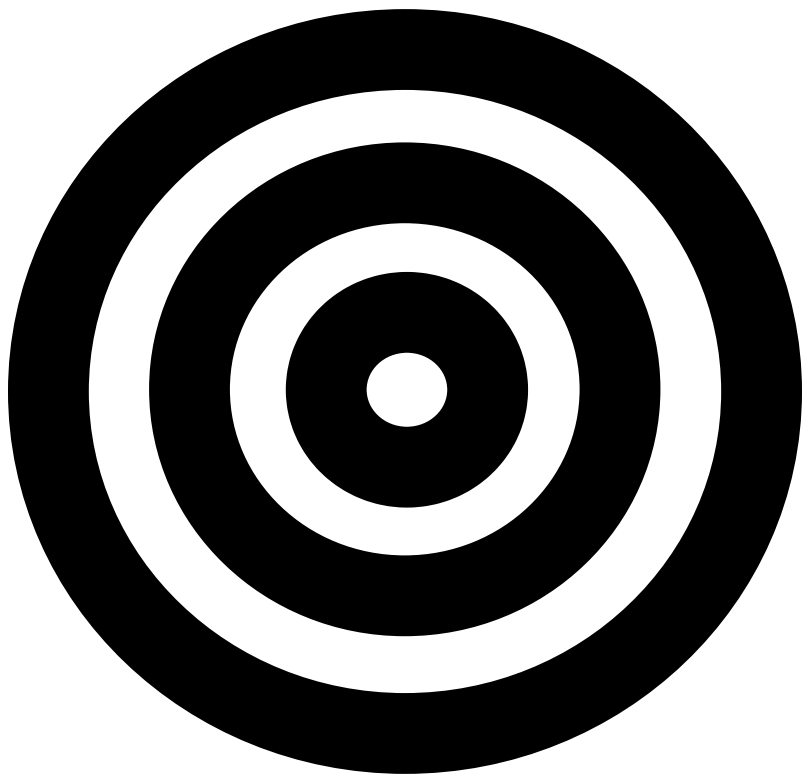
Cuddle

Children learn to feel confident...  
every time you share special time with them.

Remember, lots of TLC everyday will help your child be happy,  
make friends and do well in school!

### **Why black and white images?**

Very young babies can focus 8 to 10 inches from their face.  
Black and white, high contrast images helps develop their vision.



## **Before your baby is born:**

*Talk*

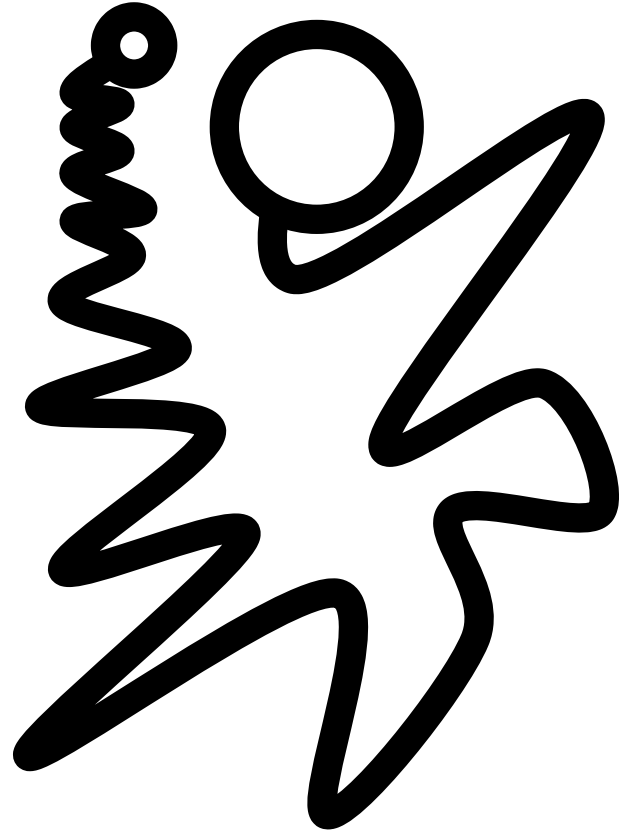
and sing to your 'bump'.

*Listen*

and feel your baby's response – sometimes they will move and kick inside you!

*Cuddle*

your baby by stroking your bump and saying 'I love you'.



## **Nappy Changing:**

*Talk*

about what you're doing, sing nursery rhymes and keep eye contact.

*Listen*

to and copy the sounds your baby makes.

*Cuddle*

your baby after changing, calming them before they go to sleep or play.



## **Feeding Time:**

*Talk*

gently to your baby as you feed them. You can talk about what it feels and tastes like, is it hot or cold?

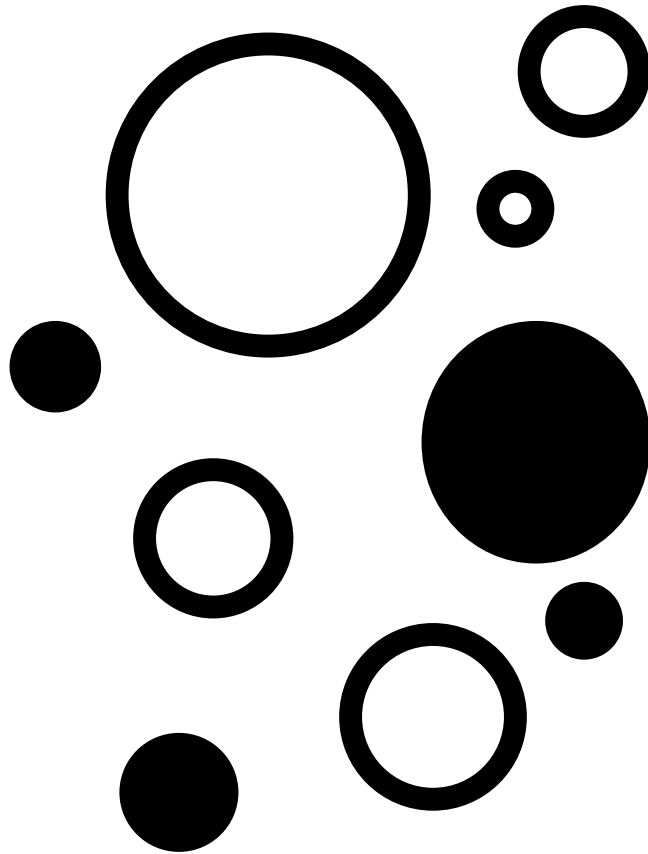
*Listen*

and watch your baby and they will soon show you what they like or dislike!

*Cuddle*

your baby after mealtimes and reassure them when you are cleaning up their hands or face.





## **Bathtime:**

Talk

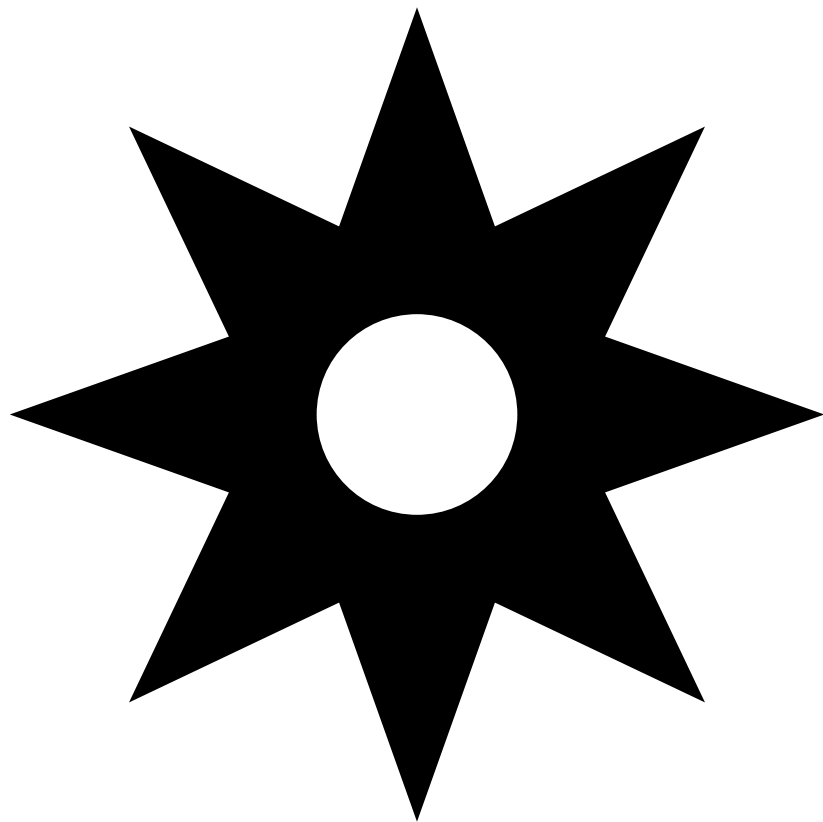
to your baby as you bath them, name parts of their body as you wash them.

Listen

and copy the sounds and different faces they make at bath time, have fun as they splash and move.

Cuddle

your baby in a towel while you dry them and then perhaps massage them with baby lotion or oil.



Talk

**Bedtime:**

and sing softly to your baby to calm them for bedtime, read or make up a bedtime story.

Listen

and watch your baby to learn when they are tired and sleepy.

Cuddle

and gently rock your baby, stroke their face or rub their back to help them fall asleep.