



# Milestones checklist

Speech and language skills develop over time. Every child will develop at their own rate.

The checklist below also applies to children and families who speak more than one language at home (bilingual or multilingual children).

When a child does not develop one of the skills at the expected age, it does not always mean that there is a problem. If you have questions or concerns about the child's skills, you can contact us. You do not need a doctor to refer.

## 12 to 18 months

Does the child:

- Use familiar words or name familiar objects
- Use the sounds *p, b, m, h,* and *w* in words
- Try to imitate simple words
- Follow 1-step directions like 'roll the ball' or 'find the truck'
- Look at your face when you're talking
- Smile and laugh when playing with you
- Give hugs and kisses to familiar people
- Have names for people they know best (even if pronunciation isn't perfect)
- Enjoy looking at books with you
- Point to common body parts or pictures in a book when asked
- Hold the book right side up

**Call us if you feel concerned or if:**

- The child is not doing most of the things in the above checklist.
- The child does not use any words.
- The child used to use words but stopped.
- The child does not respond to your smiles.
- The child does not seem to enjoy 'people games' like tickles.
- The child rarely copies what you say or do.

What you can do to help

- Respond when the child points and talks.
- Talk to the child as you do things and go places.
- Use real words and short, complete sentences when talking to the child.
- Play with sounds. For example, pop bubbles and make a 'p-p-p' sound or make animal sounds.
- Add words to what the child says. If the child says 'car', you could say 'Yes! A red car!'
- Read to the child every day. Talk about the pictures on the page.
- Point to pictures and name them. Pause to give the child a chance to copy.
- Add gestures when talking to the child (like waving, shrugging, pointing).
- Show the child you're interested in what they're trying to tell you and talk to the child throughout the day.