



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. 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.

2 to 3 years

Does the child:

- Use sentences of three or more words most of the time
- Try to say new words every week
- Ask 'why?'
- Talk about things not in the room
- Use words like 'in'/'on' or 'up'/'down'
- Begin to use regular past tense verbs like 'walked'
- Begin to use plurals like 'shoes' or 'socks'
- Speak clearly enough for people who know the child to understand them
- Use *p, b, m, h, w, k, g, f, t, d,* and *n* in words
- Follow two-part directions like 'take the book and put it on the table'
- Answer simple questions like 'where is the cat?'
- Have short conversations with you
- Remember how familiar stories or rhymes end

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 many different kinds of words (action words (like 'jump'), object words (like 'cup'), describing words (like 'small'), location words (like 'under')).
- The child isn't combining words into phrases or sentences.
- The child doesn't interact or play with others.
- The child doesn't seem to understand simple directions.
- Very few people (outside the family) can understand what the child says.

How you can help

- Repeat what the child says and add to it. If they say 'big cookie' you could say 'It's a very big cookie.'
- Let the child know what they say is important. If you don't understand, ask in different ways for the child to try again like 'I know you want a block. Which block do you want?' or ask them to show you what they're talking about.
- Read (and re-read) books to help grow the child's vocabulary (names of objects, descriptive words, action words, etc). Include some story books.
- Look at family photos and name the people. Talk about what they're doing in the pictures.
- Ask your child to make a choice rather than answering yes or no. For example, rather than asking 'do you want cereal?' you could ask 'do you want cereal or toast?'. Wait for the answer and then let them know you heard them by responding ('Okay. I'll get you some toast').
- Sings songs, play games, and recite nursery rhymes.
- Show the child you're interested in what they're trying to tell you and talk to the child throughout the day.