



# 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.

## 7 to 12 months

Does the child:

- Let you know what they want using sounds or actions like pointing
- Smile, coo, giggle, and babble
- Wave 'hi' and 'bye'
- Give cuddles to people or toys
- Turn their heads in the right direction toward a sound
- React to their name
- Begin to follow simple directions like 'wave hi'
- React to 'no!'
- Listen to songs or stories for a short time

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 react to sounds.
- The child does not respond to your smiles.
- The child does not seem to enjoy playing games like peek-a-boo.
- The child does not babble or try to 'talk'.
- The child used to babble but stopped.

## What you can do to help

- Take turns 'talking' and making eye contact.
- Point to and name things.
- Play 'people games' like peek-a-boo and sing songs or nursery rhymes.
- Respond to the child – if they make a sound, make a sound back.
- Use gestures like clapping, blowing kisses, waving.
- Read picture books with the child every day.
- Show the child you're interested in what they're trying to tell you and talk to the child throughout the day.