



# 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.

## Birth to 3 months

Does the child:

- Make cooing sounds
- Have different cries for different needs
- Smile at you
- Startle to loud sounds
- Know familiar voices and calm when they hear those voices

Call us if you feel concerned or if:

- The child did not have their hearing screened at birth
- The child is not doing most of the things in the checklist above.
- The child does not react to sounds.

What you can do to help

- Use the baby's name
- Watch to see if the child reacts to loud sounds (it is not expected that they will turn their head to the sound at this age).
- Respond to the child – if they make a sound, make a sound back.
- Use gestures like clapping, blowing kisses, waving.
- Talk about what you're doing and what the child is doing.
- Read to the child every day. Add gestures and sounds.
- Show the child you're interested in what they're trying to tell you and talk to the child throughout the day.