



# Speech & Language Milestone Chart



## By Age One

### Milestones

- Recognizes name
- Says 2-3 words besides "mama" and "dada"
- Imitates familiar words
- Understands simple instructions
- Recognizes words as symbols for objects: Car - points to garage, cat - meows

### Activities to Encourage your Child's Language

- Respond to your child's coos, gurgles, and babbling
- Talk to your child as you care for him or her throughout the day
- Read colorful books to your child every day
- Tell nursery rhymes and sing songs
- Teach your child the names of everyday items and familiar people
- Take your child with you to new places and situations
- Play simple games with your child such as "peek-a-boo" and "pat-a-cake"

## Between One and Two

### Milestones

- Understands "no"
- Uses 10 to 20 words, including names
- Combines two words such as "daddy bye-bye"
- Waves good-bye and plays pat-a-cake
- Makes the "sounds" of familiar animals
- Gives a toy when asked
- Uses words such as "more" to make wants known
- Points to his or her toes, eyes, and nose
- Brings object from another room when asked

### Activities to Encourage your Child's Language

- Reward and encourage early efforts at saying new words
- Talk to your baby about everything you're doing while you're with him
- Talk simply, clearly, and slowly to your child
- Talk about new situations before you go, while you're there, and again when you are home
- Look at your child when he or she talks to you
- Describe what your child is doing, feeling, hearing
- Let your child listen to children's records and tapes
- Praise your child's efforts to communicate

## **Between Two and Three**

### Milestones

- Identifies body parts
- Carries on 'conversation' with self and dolls
- Asks "what's that?" And "where's my?"
- Uses 2-word negative phrases such as "no want".
- Forms some plurals by adding "s"; book, books
- Has a 450 word vocabulary
- Gives first name, holds up fingers to tell age
- Combines nouns and verbs "mommy go"
- Understands simple time concepts: "last night", "tomorrow"
- Refers to self as "me" rather than by name
- Tries to get adult attention: "watch me"
- Likes to hear same story repeated
- May say "no" when means "yes"
- Talks to other children as well as adults
- Solves problems by talking instead of hitting or crying
- Answers "where" questions
- Names common pictures and things
- Uses short sentences like "me want more" or "me want cookie"
- Matches 3-4 colors, knows big and little

### Activities to Encourage your Child's Language

- Repeat new words over and over
- Help your child listen and follow instructions by playing games: "pick up the ball, " "Touch Daddy's nose"
- Take your child on trips and talk about what you see before, during and after the trip
- Let your child tell you answers to simple questions
- Read books every day, perhaps as part of the bedtime routine
- Listen attentively as your child talks to you
- Describe what you are doing, planning, thinking
- Have the child deliver simple messages for you (Mommy needs you, Daddy )
- Carry on conversations with the child, preferably when the two of you have some quiet time together
- Ask questions to get your child to think and talk
- Show the child you understand what he or she says by answering, smiling, and nodding your head
- Expand what the child says. If he or she says, "more juice", You say, "Adam wants more juice."

## **Between Three and Four**

### Milestones

- Can tell a story

Has a sentence length of 4-5 words  
Has a vocabulary of nearly 1000 words  
Names at least one color  
Understands "yesterday," "summer", "lunchtime", "tonight",  
"little-big"  
Begins to obey requests like "put the block under the chair"  
Knows his or her last name, name of street on which  
he/she lives and several nursery rhymes

#### Activities to Encourage your Child's Language

Talk about how objects are the same or different  
Help your child to tell stories using books and pictures  
Let your child play with other children  
Read longer stories to your child  
Pay attention to your child when he's talking  
Talk about places you've been or will be going

### **Between Four and Five**

#### Milestones

Has sentence length of 4-5 words  
Uses past tense correctly  
Has a vocabulary of nearly 1500 words  
Points to colors red, blue, yellow and green  
Identifies triangles, circles and squares  
Understands "In the morning" , "next", "noontime"  
Can speak of imaginary conditions such as "I hope"  
Asks many questions, asks "who?" And "why?"

#### Activities to Encourage your Child's Language

Help your child sort objects and things (ex. things you eat,  
animals. . )  
Teach your child how to use the telephone  
Let your child help you plan activities such as what you will  
make for Thanksgiving dinner  
Continue talking with him about his interests  
Read longer stories to him  
Let her tell and make up stories for you  
Show your pleasure when she comes to talk with you

### **Between Five and Six**

#### Milestones

Has a sentence length of 5-6 words  
Has a vocabulary of around 2000 words  
Defines objects by their use (you eat with a fork) and can  
tell what objects are made of  
Knows spatial relations like "on top", "behind", "far" and  
"near"

Knows her address  
Identifies a penny, nickel and dime  
Knows common opposites like "big/little"  
Understands "same" and "different"  
Counts ten objects  
Asks questions for information  
Distinguished left and right hand in herself  
Uses all types of sentences, for example "let's go to the store after we eat"

#### Activities to Encourage your Child's Language

Praise your child when she talks about her feelings, thoughts, hopes and fears  
Comment on what you did or how you think your child feels  
Sing songs, rhymes with your child  
Continue to read longer stories  
Talk with him as you would an adult  
Look at family photos and talk to him about your family history  
Listen to her when she talks to you

