

# BIRTH - 3 MONTHS

## What should my child be able to do?

Remember, children develop at their own rate.

### TALKING



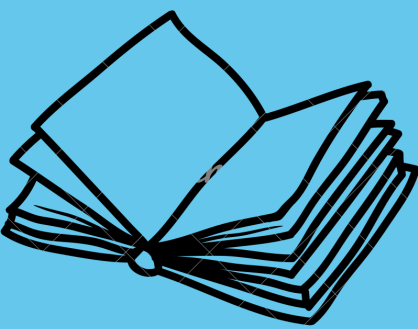
- Smiles at caregivers.
- Cry changes for different needs.
- Makes cooing sounds or sounds of happiness.

### HEARING & UNDERSTANDING



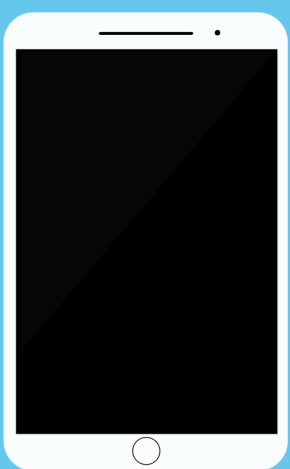
- Startles at loud sounds.
- Calms or smiles when spoken to.
- Seems to recognize your voice.

### ACTIVITIES



- Sing to your child.
- Play Peek-a-Boo.
- TALK, TALK, TALK!
- Read from colorful books.
- Talk back to them when they make a sound. Pretend to have a conversation with them.

### SCREEN TIME



- None except video chatting with an adult.

#### References:

Communication Milestones: Age Ranges. (n.d.). American Speech-Language-Hearing Association.  
<https://www.asha.org/public/developmental-milestones/communication-milestones/>

Screen Time and Children. (2020, February). [www.aacap.org](http://www.aacap.org).

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Children-And-Watching-TV-054.aspx#:~:text=Between%2018%20and%2024%20months](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Watching-TV-054.aspx#:~:text=Between%2018%20and%2024%20months)

# 4-6 MONTHS

## What should my child be able to do?

Remember, children develop at their own rate.

### TALKING



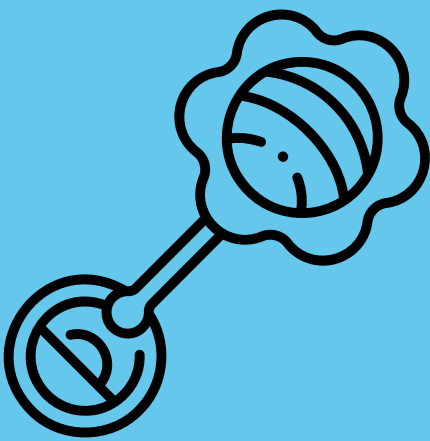
- Babbles and coos during play.
- Babbling includes sounds such as "pa, ba, ma."
- Makes sounds to show they are happy or sad
- Laughs and giggles.

### HEARING & UNDERSTANDING



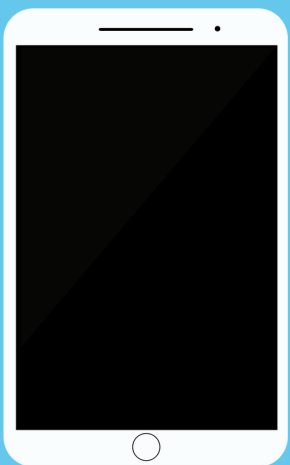
- Moves eyes to locate source of sound.
- Responds to changes in intonation and voice.
- Pays attention to music and toys with noises.
- Responds to "no" by stopping or pausing.

### ACTIVITIES



- Read to your child and talk about the pictures in the book
- Shake rattle or other toys that make noise for baby to locate the noise.
- TALK, TALK, TALK!

### SCREEN TIME



- None except video chatting with an adult.

References:

Communication Milestones: Age Ranges. (n.d.). American Speech-Language-Hearing Association.  
<https://www.asha.org/public/developmental-milestones/communication-milestones/>

Screen Time and Children. (2020, February). [www.aacap.org](http://www.aacap.org).  
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# 7 MONTHS - 1 YEAR

## What should my child be able to do?

Remember, children develop at their own rate.

### TALKING



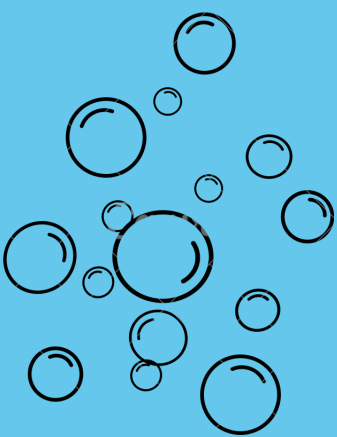
- Babbles sounds, such as, babababa.
- Uses sounds and gestures to get your attention.
- Points to objects.
- Uses gestures (waving bye-bye or clapping).
- Says words, such as, hi, dada, mama, or uh-oh.

### HEARING & UNDERSTANDING



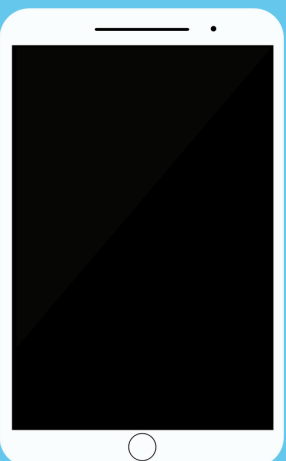
- Looks to you when you call their name.
- Starts to understand simple words and phrases, like "No" and "Come here".
- Understands words for common object, such as cup, milk, baby, and car.

### ACTIVITIES



- Play with bubbles and say the words, "pop," "more", "bubble", etc.
- Use self-talk: talk about what you are doing around your child.
- Be repetitive. Repeat simple words and phrases.

### SCREEN TIME



- None except video chatting with an adult.



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# 1-2 YEARS

## What should my child be able to do?

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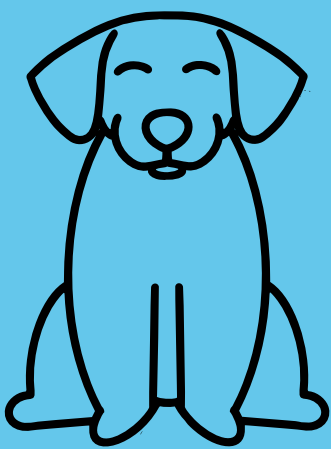
### TALKING

- Uses sounds p, b, m, h and w in words.
- Begin to name pictures in books.
- Begin to put 2 words together such as "more milk", "mommy go" etc.
- Makes animal sounds such as "moo".



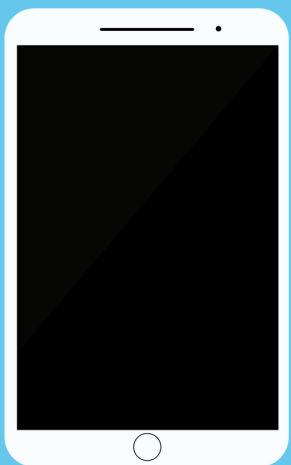
### HEARING & UNDERSTANDING

- Points to common body parts when you ask.
- Follows one step directions "roll the ball".
- Points to pictures when you name them.
- Enjoys being read to.



### ACTIVITIES

- Use parallel talk: narrate what your child sees and does "you're eating applesauce", "you see a dog" etc.
- Expand sentences your child says for example if your child says "dog" say "Yes, that is a big brown dog."



### SCREEN TIME

- Less than one hour and co-watching an educational program with a caregiver, such as Ms. Rachel

References:

Communication Milestones: Age Ranges. (n.d.). American Speech-Language-Hearing Association.  
<https://www.asha.org/public/developmental-milestones/communication-milestones/>

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# 2-3 YEARS

## What should my child be able to do?

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### TALKING



- Uses two and three words phrases.
- Uses k, g, t, f, n, and d in words.
- Uses words such as in, on, and under.
- People who know your child can understand them.
- Asks "Why?"

### HEARING & UNDERSTANDING



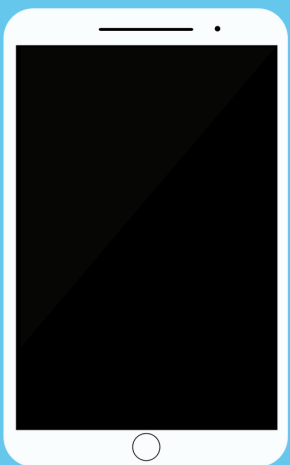
- Understands new words every day.
- Understands opposites, such as go—stop, big—little, and up—down.
- Follows 2-step directions, such as "Get the cup and put it on the table."

### ACTIVITIES



- Sing simple songs and nursery rhymes with your child.
- Help your child learn new words by naming objects, and talking about what you do with them. "This is my cup. I can use it to drink milk & water."

### SCREEN TIME



- 0-3 hours in an entire week.

References:

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# 3-4 YEARS

## What should my child be able to do?

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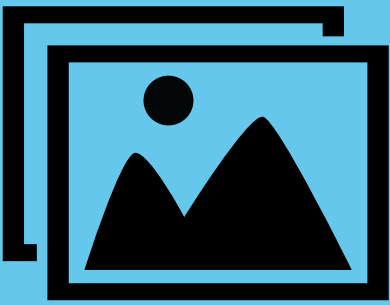
### TALKING

- Answers simple WH questions: who, what, where.
- Uses pronouns: you, me, we, they.
- Puts 4 words together "I go to park".
- Uses some plurals such as "dogs", "birds".



### HEARING & UNDERSTANDING

- Recognizes colors
- Groups items into categories: animals, foods, etc.
- Is able to recognize shapes.
- Is able to identify family members such as aunt, uncle, grandma, grandpa.



### ACTIVITIES

- Find objects around the house and have your child group them by category.
- Look at pictures and have your child tell a story about what is happening.
- Read books and ask your child to recall details or their favorite part.



### SCREEN TIME

- 0-3 hours in an entire week.

#### References:

Communication Milestones: Age Ranges. (n.d.). American Speech-Language-Hearing Association.  
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Screen Time and Children. (2020, February). [www.aacap.org](http://www.aacap.org).  
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# 4-5 YEARS

## What should my child be able to do?

Remember, children develop at their own rate.

### TALKING



- Says all speech sounds in a word. May make mistakes on sounds that are harder to say, such as l, s, r, v, z, ch, sh, and th.
- Names letters and numbers.
- Uses sentences with actions words: "jumps", "runs" etc.

### HEARING & UNDERSTANDING



- Understands first, next, last.
- Able to follow multistep directions such as "put on your shoes, get your jacket and grab your bookbag."
- Understands today, yesterday, and tomorrow.

### ACTIVITIES



- Play a guessing game where you describe an object and have your child guess, or play I-spy.
- Include your child in daily activities such as laundry or grocery shopping.
- Keep teaching your child new words.

### SCREEN TIME



- 0-3 hours in an entire week.

References:

Communication Milestones: Age Ranges. (n.d.). American Speech-Language-Hearing Association.  
<https://www.asha.org/public/developmental-milestones/communication-milestones/>

Screen Time and Children. (2020, February). [www.aacap.org](http://www.aacap.org).  
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