

One to two years old

My speech and language milestones & some tips to encourage talking



Speech and Language Milestones

Understanding

- I know by your voice whether you are happy, sad or annoyed
- I can find a familiar object when you ask
- I am beginning to point to pictures in my favourite books when asked “where’s the . . .?”
- I am beginning to point to parts of my body
- I can understand simple commands like “give me the ball”, “jump”, “wave bye bye”
- I understand more words than I can say

Talking

- I can talk to you in long strings of sounds which sound like I’m talking
- I like to join in with action rhymes and songs
- At about 18 months I can say more than ten single words and I am learning new ones every month
- I get your attention by making a sound and pointing
- I can copy familiar words
- Over the next few months I will start to say a lot more words

Top Talking Tips

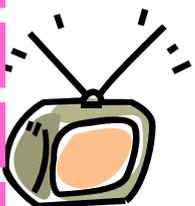


It helps me if you:

- Stop! Watch what I am doing! Respond by: naming what I am doing e.g. “teddy”
- Describe to me what we are doing, like a “running commentary” during play and everyday activities, e.g. “you’re washing your hands” or “mummy’s putting her coat on”.
- Speak slowly and use simple words that are important to me
- Repeat important words over and over again
- Listen to the sounds I make and say the word you think I am trying to say
- Sing nursery rhymes with me and help me copy the actions.
- Gently encourage me to ask for what I want instead of pointing. Do this by modelling what the word is for me and giving me a choice during play time, meal times and getting dressed time, for example “do you want banana or biscuit?”



- Look at simple picture books with me, point to the pictures, tell me what they are and wait for a few seconds for me to try and copy you.
- Give me lots of time to say what I want to say.
- Give me lots of praise for attempting to say words.
- Begin to think about throwing my dummies away – I don’t really need them now. You could swap them all for a new toy or give them to Santa – I’ll soon forget about them!
 - Spend some time talking to me and playing with me without the TV on, I can’t listen or concentrate with all that background noise!



If you have any questions please contact the Speech and Language Therapy Department on 01902 444363