

## Birth to One Year

### What should my child be able to do?

Hearing and Understanding	Talking
<p><b>Birth-3 Months</b></p> <ul style="list-style-type: none"> <li>• Startles to loud sounds</li> <li>• Quiets or smiles when spoken to</li> <li>• Seems to recognize your voice and quiets if crying</li> <li>• Increases or decreases sucking behavior in response to sound</li> </ul>	<p><b>Birth-3 Months</b></p> <ul style="list-style-type: none"> <li>• Makes pleasure sounds (cooing, gooing)</li> <li>• Cries differently for different needs</li> <li>• Smiles when sees you</li> </ul>
<p><b>4-6 Months</b></p> <ul style="list-style-type: none"> <li>• Moves eyes in direction of sounds</li> <li>• Responds to changes in tone of your voice</li> <li>• Notices toys that make sounds</li> <li>• Pays attention to music</li> </ul>	<p><b>4-6 Months</b></p> <ul style="list-style-type: none"> <li>• Babbling sounds more speech-like with many different sounds, including <i>p</i>, <i>b</i> and <i>m</i></li> <li>• Vocalizes excitement and displeasure</li> <li>• Makes gurgling sounds when left alone and when playing with you</li> </ul>
<p><b>7 Months-1 Year</b></p> <ul style="list-style-type: none"> <li>• Enjoys games like peekaboo and pat-a-cake</li> <li>• Turns and looks in direction of sounds</li> <li>• Listens when spoken to</li> <li>• Recognizes words for common items like "cup", "shoe," or "juice"</li> <li>• Begins to respond to requests (e.g. "Come here" or "Want more?")</li> </ul>	<p><b>7 Months-1 Year</b></p> <ul style="list-style-type: none"> <li>• Babbling has both long and short groups of sounds such as "tata upup bibibibi"</li> <li>• Uses speech or noncrying sounds to get and keep attention</li> <li>• Imitates different speech sounds</li> <li>• Has one or two words (bye-bye, dada, mama). although they may not be clear</li> </ul>

### What can I do to help?

- Check your child's ability to hear, and pay attention to ear problems and infections, especially when they keep occurring.
- Reinforce your baby's communication attempts by looking at him or her, speaking, and imitating his or her vocalizations.

- Repeat his or her laughter and facial expressions.
- Teach your baby to imitate actions, such as peekaboo, clapping, blowing kisses, pat-a-cake, itsy bitsy spider, and waving bye-bye. These games teach turn taking that is needed for conversation.
- Talk while you are doing things, such as dressing, bathing, and feeding (e.g., "Mommy is washing Sam's hair"; "Sam is eating carrots"; "Oh, these carrots are good!").
- Talk about where you are going, what you will do once you get there, and who and what you'll see (e.g., "Sam is going to Grandma's house. Grandma has a dog. Sam will pet the dog.").
- Talk about colors (e.g., "Sam's hat is red").
- Practice counting. Count toes and fingers.
- Count steps as you go up and down them.
- Teach animal sounds (e.g., "A cow says 'moo'").