



## ADAMS COUNTY HEALTH DEPARTMENT

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### Speech and Language Milestone Chart:

*(Adapted from Learning Disabilities Association of America 1999)*

To encourage speech development and learning your infant should have **NO TV** at this age.

### **By age one:**

- Knows own name
- Says "mama" and "dada" plus 2-3 words
- Imitates familiar words
- Demonstrates following simple instructions
- Recognizes spoken words by pointing or making sounds, for example cat= meow

### **Activities to encourage your child's language**

- *Mimic your child's coos, gurgles and babbling*
- *Talk out loud to your child during the day*
- *Read picture books or tell stories to your child every day*
- *Tell rhymes and sing songs*
- *Say the names of everyday items and familiar people*
- *Take your child with you to new and familiar places*
- *Play simple games such as "peek-a-boo" and "pat-a-cake"*