



Interior Health

Toddler Talk

Your one-year-old says their FIRST words! Your toddler starts to talk and this is a huge step. Your child's words may be hard to understand, but don't worry, speech clarity will come later.

Receptive Language

By 1 year, your child is:

- Using their voice to get your attention
- Understanding some words
- Following simple directions (Ex. Get your ball)

By 18 months, your child is

- Pointing to body parts (Ex. Where is your nose?)
- Pointing to pictures in a book

By 2 years, your child is:

- Following directions with two parts (Ex. Pick up your ball and go put it away)

Expressive Language

By 1 year, your child is:

- Communicating by gesturing and making sounds
- Babbling using a variety of sounds (Ex. Badameema)

By 18 months, your child is

- Saying about 20 words (You can count sound effects and unclear words that you recognize)

By 2 years, your child is:

- Using a few words together like "Daddy home" and "more milk"
- Saying 50-100 words

Social Communication

By 1 year, your child is:

- Getting your attention by using their voice (ex. Mom!)
- Taking turns in an interaction
- Responding to their name



If you have questions or concerns about your child's communication development, contact your local health center to see a Speech-Language Pathologist at no cost!

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Tips and Strategies

When talking...

- Use short, simple sentences (Ex. Go get your shoes)
- Let your child hear the same word many times
- Respond to your child by repeating back or interpreting (Put their message into words) or comment on what they're doing
- Try not to ask too many questions - this comes across as testing and can make a child clam up
- Wait for your child to talk and then respond

When singing...

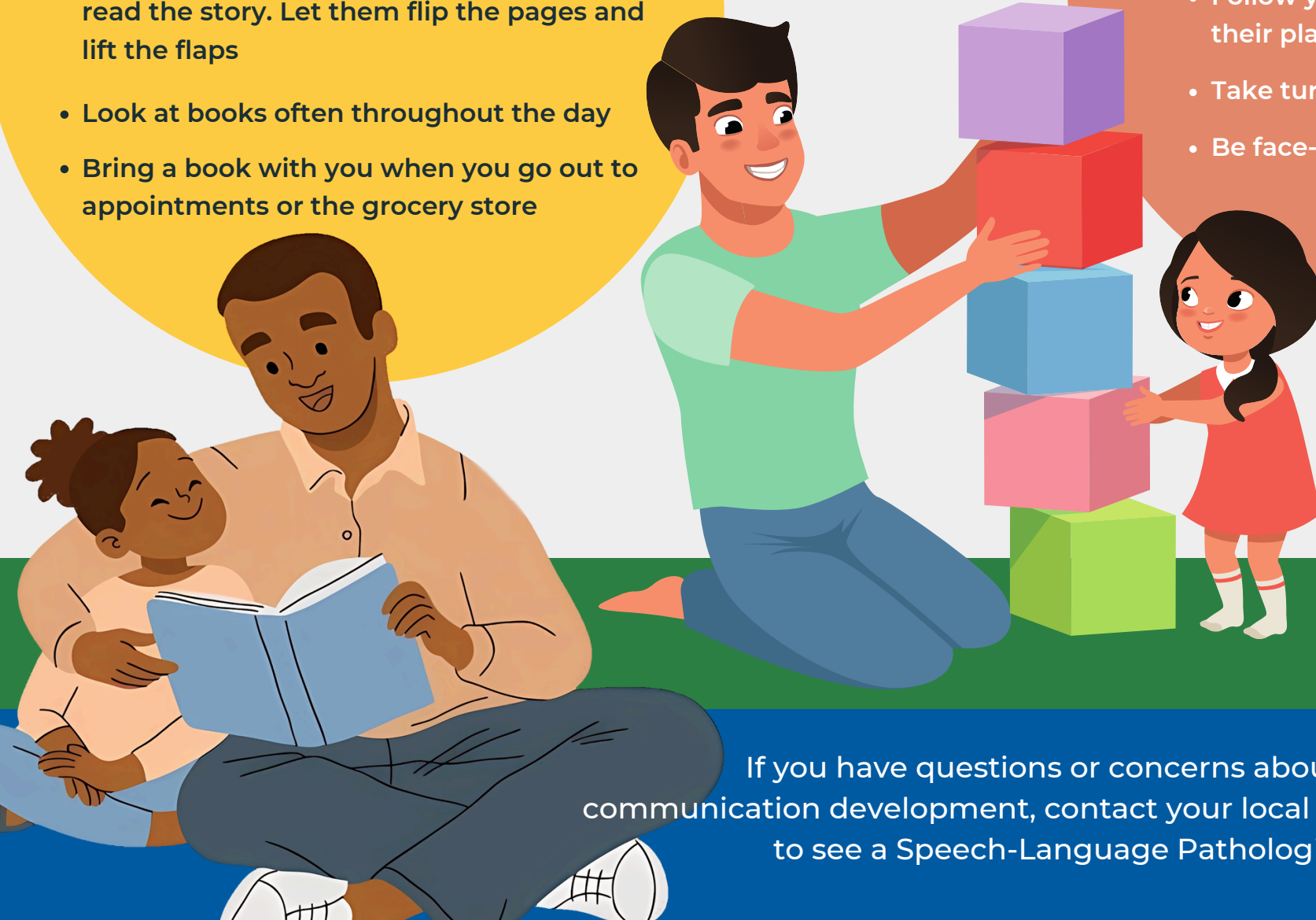
- Have a few favourite songs that you sing over and over throughout the day
- Use a tune you know and make up a song to fit your activity
- Sing slowly and use actions. Pause to give your toddler a chance to join in

When reading...

- Toddlers often have busy bodies and may not want to sit for a story. Choose sturdy board books that have one picture per page
- Share a book with your toddler, rather than read the story. Let them flip the pages and lift the flaps
- Look at books often throughout the day
- Bring a book with you when you go out to appointments or the grocery store

When playing...

- Show your child how to pretend play for example pretend to make soup or feed a doll
- Follow your child's interest and copy their play
- Take turns during a game or activity
- Be face-to-face and at their level



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