



Interior Health

# Under 12 Months

Babies have so much to tell you! By one year of age they are good communicators, even if they're not talking yet.

## Social Communication

By 12 months your baby is:

- Using their voice to get your attention
- Very social and more interested in people than in objects
- Responding to your voice and turning their head when you call their name
- Looking and smiling at you
- Able to play peek-a-boo and patty cake with you

## Expressive Language

By 12 months your baby is:

- Using gestures such as “up”, waving bye-bye and using a finger to point things out to you
- “Noisy” with speech-like jabber. You should be able to hear a few different speech sounds (consonants) in their babbling, such as m, n, b, d, w, h, y
- Your baby may be saying their first word, such as “mama” or “dada”

## Play Skills

By 12 months your baby is:

- Stacking a few blocks
- Showing you toys and sharing their interests with you
- Taking turns back and forth with you (Ex. Rolling a ball)
- Using objects for their purpose (Ex. pretending to drink from a cup)

## Receptive Language

By 12 months your baby is:

- Understanding some single words such as car, show, cup and simple phrases like “Don’t touch”



Baa-baa



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...

- Observe what your baby is looking at, their facial expressions and their body movements
- Pause often so your baby gets a chance to “talk”
- Involve your baby in what you’re doing - turn everyday activities into language learning moments
- Imitate your baby’s sounds - play a game of copy-cat babble!
- Respond as if they are using real words
- Talk about what your baby is playing with or looking at
- Talk slowly and use lots of expression in your voice

### When reading...

- Choose board books with one picture per page or different textures to feel
- Allow your baby to play with the book, chew on it or bang with it
- Keep it simple- make up words to go with the pictures. Don’t feel like you have to read the book!
- Keep it short - look at books often and watch for signs that your baby is ready to move on

### When singing...

- Sing songs with actions
- Turn off the recorded music, so you can slow down
- Pause to give your baby a chance to make a sound or use an action

### When playing...

- Be face-to-face and at their level
- Take turns with actions



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