



## Birth to One Year

What should my child be able to do?

Hearing and Understanding	Talking
<p>Birth-3 Months</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>Birth-3 Months</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>4-6 Months</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>4-6 Months</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>• Chuckles and laughs</li><li>• Vocalizes excitement and displeasure</li><li>• Makes gurgling sounds when left alone and when playing with you</li></ul>
<p>7 Months-1 Year</p> <ul style="list-style-type: none"><li>• Enjoys games like peek-a-boo 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", "book", or "juice"</li><li>• Begins to respond to requests (e.g. "Come here" or "Want more?")</li></ul>	<p>7 Months-1 Year</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>• Uses gestures to communicate (waving, holding arms to be picked up)</li><li>• Imitates different speech sounds</li><li>• Has one or two words (hi, dog, dada, mama) around first birthday, although sounds 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.").
- Teach animal sounds (e.g., "A cow says 'moo'").
- Communicate with your child in the language you are most comfortable using.

The above information was made available via the [American Speech-Language Hearing Association](#).