Birth to 1 Year: What to Expect

Speech and language milestones for this age, plus the signs that are worth a call to a speech-language pathologist.



AGE

0-12 months

Birth to 3 months

- Alerts to sound
- Quiets or smiles when you talk to them
- Turns or looks toward voices and people talking
- Recognizes loved ones and some familiar objects
- Makes sounds back and forth with you
- Makes different sounds depending on whether they are happy or upset
- Coos - sounds like ooooo, aahh and mmmmm

4 to 6 months

- Responds to facial expressions
- Looks at things that interest them and follows objects with their eyes
- Reacts to toys that make sounds, like bells or music
- Giggles and laughs
- Vocalizes during play or with objects in their mouth
- Vocalizes different vowel sounds, sometimes combined with a consonant
- Blows raspberries

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7 to 9 months

- Looks at you when you call their name
- Stops for a moment when you say "no"
- Recognizes the names of some people and objects
- Looks for loved ones when upset
- Babbles long strings of sounds - mamamama, upup, bababa
- Raises arms to be picked up
- Pushes away things they do not want

10 to 12 months

- Responds to simple words and phrases like "go bye-bye" and "look at Mommy"
- Reaches for objects by about 10 months
- Points, waves, and shows or gives you objects
- Imitates and starts gestures during social play
- Tries to copy sounds that you make
- Enjoys dancing
- Says one or two words - mama, dada, hi, bye

Worth a Conversation

- ! No babbling by 9 months
- ! No gestures such as pointing or waving by 12 months
- ! Does not respond to their name
- ! Does not look where you point
- ! Does not react to sound at all, at any age in this band

You never need a referral to ask a speech-language pathologist for an evaluation, and you never need to wait and see. If you are wondering whether to call, that is reason enough.