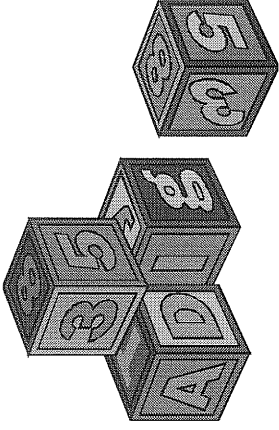


WHEN TO BE CONCERNED

If you have used the above activities for a period of 3 months and your child has still not achieved the above-mentioned milestones, a formal speech-language assessment with a Speech-Language Pathologist is required.



SPEECH AND LANGUAGE DEVELOPMENT **1- to 2-year old child**



Typical speech and language development at this age includes the following:

- Uses one-word utterances with meaning.
- Some echolalia (repetitions of a word or phrase).
- Much jargon/babbling with emotional content.
- Vocabulary consists of the following number of words:
 - 12 months: 1 - 5 words
 - 18 months: 20 words
 - 24 months: 50 words
- Understands simple instructions/commands. For example, bringing objects from another room when asked or giving toys when asked.
- Makes familiar animal sounds (e.g. moo, woof-woof).
- Responds to commands such as "Show me your eyes (nose, mouth)", recognizes and responds to his/her own name.
- Understands "no".
- Combines 2 words such as "daddy gone" or "more cookie".
- Imitates sounds and words easily.



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Activities to help stimulate your 12-18 month old's speech and language development:

READ BOOKS

Use short sentences as you tell the story. Instead of only reading the printed words, describe what you see in each picture. Talk about what the child finds interesting. Encourage your child to fill in key words of the story e.g. "the cow goes....". Repeating the story several times is helpful in teaching vocabulary and sentence structure.

BE A GOOD SPEECH MODEL FOR YOUR CHILD

This means speaking simply and clearly, using short sentences and looking at your child. Do not use baby talk.

HELP YOUR CHILD TO LEARN NEW WORDS

Talk to your child about EVERYTHING he/she comes into contact with, e.g. provide a running commentary of your child's day.

REPEAT A WORD OVER AND OVER

Choose words that are useful and add gestures if you can. E.g.:

Bye-bye (wave)

No (shake head)

There (point)

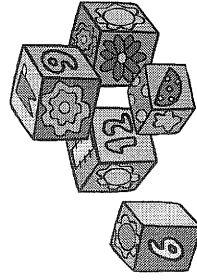
Up (hold out hands)

Family names (point to person in photo or to the person self)

"Look! There's a **ball**, the **ball** is big, catch the **ball**"

PRAISE YOUR CHILD'S EFFORTS

For example, if your child says "fu" for soup, simply reply with "Yes, that's soup – would you like some?". Do not expect perfect speech at this stage.



IF YOUR CHILD'S SPEECH IS UNINTELLIGIBLE AND LEADS TO FRUSTRATION

- Help your child by asking YES/NO questions. Provide your child with choices using visual cues.

Activities to help stimulate your 18-24 month old's speech and language development:

CONTINUE TO READ BOOKS EVERY DAY, perhaps as part of a bedtime routine.

PROLONG SOUNDS IN WORDS that your child may have difficulty with, as this will improve his/her awareness thereof. For example "put on your ssock (sock)"

TRY TO EXPAND ON WHAT YOUR CHILD SAYS. For example, if he/she says "more juice", you can say "more juice please". Let your child hear the correct word order, but don't demand that he/she imitates you at this stage.

HELP YOUR CHILD IDENTIFY SOUNDS both inside the house and outside (e.g. vacuum, washing machine, dogs barking, helicopters etc.). You can say: "Ah, listen. Did you hear that? I heard a (pause) **helicopter**."

LET YOUR CHILD HELP YOU AS YOU WORK around the house (e.g. cooking and cleaning).

DESCRIBE WHAT YOU ARE DOING, PLANNING AND THINKING. Let your child name the things you are using and tell you what you are doing.

YOU CAN START STRESSING VERBS (e.g. walk, jump, push) **AS WELL AS NOUNS** (e.g. dog, horse, car) at this age, as 2-word combinations should occur e.g. "horse jump".

Most importantly, enjoy your child, have fun together and make a memory of every developmental moment!