

# Birth to One Year

## What should my child be able to do?

Hearing and Understanding	Talking
<p><b>Birth–3 Months</b></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><b>Birth–3 Months</b></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><b>4–6 Months</b></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><b>4–6 Months</b></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><b>7 Months–1 Year</b></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><b>7 Months–1 Year</b></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.