



I'm 3 months old and look what I can do!

Early Years Speech, Language and Communication Development



Your baby should:

- cry frequently to express themselves
- make eye contact for fairly long periods
- gaze at your face with real interest and copy your facial expressions; for example sticking out their tongue
- recognise and be comforted by familiar voices
- respond to loud noises like a door slamming; and
- make sounds, like cooing and gurgling.

*From the ICAN Stages of Speech
and Language Development*

No matter how old I am – one of the best ways to help my speech and language development is to have some quiet time with me so we can talk, sing songs or look at books.

It is always best to make sure that the TV and music are switched off when we play.

Helpful hints for 3-6 months

I love to hear lots of different voices and noises. I will try to copy them. Make sure you look at me when you talk to me; it helps me to look at you.

Copy the sounds I make. It helps me to practise and remember them.

I love having a special quiet time with you. Having the TV off helps me to listen to you.

I love it when you sing gently to me. It helps me to listen and learn.



Take turns with me. Talk to me and I'll take a turn by moving, cooing or making facial expressions.

It's never too soon to talk to me. I learn from listening to you.

Talk to me in whichever language feels comfortable for you.

Please remember that all children develop speech and language at different times and different speeds, so it can be perfectly ok for your child not to be showing all the behaviours in this leaflet.

If you have any questions or any concerns about your child's speech, language or communication, please contact your Health Visitor.

This leaflet has been developed in partnership between Sure Start Children's Centres and the Children's Integrated Therapy and Equipment Service, with thanks to the Parents' Forum.

Getting more copies of this leaflet

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