



I'm 12 months old and getting more chatty!

Early Years Speech, Language and Communication Development



Your baby should be starting to:

- look at you when you say their name
- understand frequently used words like ‘all gone’, ‘no’, and simple instructions when supported with gestures and context
- easily find sources of sounds
- use babble, play-sounds; for example ‘brmm’ and some single words to express themselves – although words won’t all be clear
- use gestures such as reaching and pointing; and
- like watching adults, whatever they are doing.

*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 12-18 months

Use simple words to tell me what we're doing. Repeating words while we play or do everyday routines, like nappy changing, will help me learn new words.

Sing songs and nursery rhymes especially ones with actions – I love them.

Look at me when we are playing together. It helps me learn to look at you.



Copy the sounds I make like blowing raspberries and babbling. This helps me learn to talk.

I love to look at books. Let me hold them myself and look at what I am interested in while you tell me the story.

I love to play with noisy toys, rattles, shakers or squeaky toys. They also help my listening.

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.

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