

# FIRST YEAR MILESTONES

## RECEPTIVE LANGUAGE

### Birth - 3 Months

- ✓ Startles at loud sounds
- ✓ Quiets or smiles when you talk
- ✓ Seems to recognize your voice. Quiets if crying.

### 4 - 6 Months

- ✓ Moves her eyes in the direction of sounds.
- ✓ Responds to changes in your tone of voice.
- ✓ Notices toys that make sounds.
- ✓ Pays attention to music.

### 7 Months - 1 Year

- ✓ Turns and looks in the direction of sounds
- ✓ Looks when you point.
- ✓ Turns when you call her name.
- ✓ Understands words for common items and people—words like cup, truck, juice, and daddy.
- ✓ Starts to respond to simple words and phrases, like “No,” “Come here,” and “Want more?”
- ✓ Plays games with you, like peek-a-boo and pat-a-cake.
- ✓ Listens to songs and stories for a short time.

## EXPRESSIVE LANGUAGE

### Birth - 3 Months

- ✓ Makes cooing sounds
- ✓ Cries change for different needs.
- ✓ Smiles at people.

### 4 - 6 Months

- ✓ Coos and babbles when playing alone or with you.
- ✓ Makes speech-like babbling sounds, like pa, ba, and mi.
- ✓ Giggles and laughs.
- ✓ Makes sounds when happy or upset.

### 7 Months - 1 Year

- ✓ Babbles long strings of sounds, like mimi upup babababa.
- ✓ Uses sounds and gestures to get and keep attention.
- ✓ Points to objects and shows them to others.
- ✓ Uses gestures like waving bye, reaching for “up,” and shaking his head no.
- ✓ Imitates different speech sounds.
- ✓ Says 1 or 2 words, like hi, dog, dada, mama, or uh-oh. This will happen around his first birthday, but sounds may not be clear.