TODDLER TALK

Speech Milestones Checklist

What most children do, by age. A conversation starter for your pediatrician, not a screening.

By 15 months

- [ ] Tries 1 or 2 words besides "mama" or "dada"
- [ ] Looks at a familiar object when you name it
- [ ] Follows a direction given with a gesture and words
- [ ] Points to ask for something or to get help

By 18 months

- [ ] Tries 3 or more words besides "mama" or "dada"
- [ ] Follows one-step directions without gestures

By 2 years

- [ ] Points to things in a book when you ask
- [ ] Says at least 2 words together, like "more milk"
- [ ] Points to at least 2 body parts when asked
- [ ] Uses more gestures than waving and pointing

By 30 months

- [ ] Says about 50 words
- [ ] Says 2 or more words with an action word, like "doggie run"
- [ ] Names things in a book when you point and ask
- [ ] Says words like "I," "me," or "we"

By 3 years

- [ ] Has back-and-forth conversation (2+ exchanges)
- [ ] Asks "who," "what," "where," or "why" questions
- [ ] Says what action is happening in a picture
- [ ] Says their first name when asked
- [ ] Talks well enough that others understand most of the time

Worried at any point? Ask your pediatrician. Early help matters.

Source: CDC Learn the Signs. Act Early. milestone checklists (cdc.gov/act-early/milestones).

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