

# Speech, Language and Hearing

*A Guide to Your Baby's Development*

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Office of the Deaf and Hard of Hearing





# *A Booklet for Parents*

All babies and young children go through a series of steps as they grow up. These include developing their emotional and physical abilities and learning how to listen, see, speak and think. Babies and young children are all different. They may go through these steps in different, individual ways. Some differences depend on the child's own physical and emotional make-up. The family's lifestyle may affect a child's development, too. Usually, steps occur within a definite time period or by a certain age.

## **This booklet outlines steps in a child's hearing and speaking development. It tells you:**

- When certain steps occur
- What you can do to stimulate your child's normal development, and
- what to do if you suspect your child is not going through the steps.

Remember that it is a guide. Your child may show differences that are not unusual or alarming. If you do suspect a problem, be sure to contact one of the agencies or individuals listed on the next page. In any case, enjoy your child and his/her growing process.

Children can be tested from the first week of life.

# Information on your child's hearing can

## Early Hearing Loss Detection, Diagnosis and Intervention Program

Department of Health (DOH)

Genetic Services Section

1610 NE 150th Street

Shoreline, WA 98155

(206) 418-5613 (Voice)

(206) 418-5415 (Fax)

*Website:* <http://www.doh.wa.gov/cfh/mch/genetics/ehddi>

*Email:* [dohehddi2@doh.wa.gov](mailto:dohehddi2@doh.wa.gov)

The EHDDI program was created to help improve and support screening, diagnostic, and early-intervention services for infants born with hearing loss. The primary goals of the EHDDI program are to ensure that infants born in the state of Washington:

- Are screened for hearing loss before hospital discharge or by one month of age
- Receive a diagnostic hearing evaluation by three months of age if they do not pass hearing screening
- Are enrolled in early intervention services by six months of age if they are found to have a hearing loss

## Infant, Toddler Early Intervention Program (ITEIP)

Washington State Department

of Social & Health Services

Aging & Disability Services

Administration

P.O. box 45201

Olympia, WA 98504-5201

(360) 725-3500 (Voice)

(360) 407-1087 (TTY)

(360) 725-3523 (Fax)

*Website:* [www1.dshs.wa.gov/iteip/](http://www1.dshs.wa.gov/iteip/)

Children with hearing loss need to be identified and receive early intervention services as soon as possible.

- For children ages birth to three, contact a local Family Resources Coordinator (FRC). FRC contact information can be found at <http://www1.dshs.wa.gov/iteip/CountyOrgLinks.html>
- For children ages three to twenty-one, contact a local school district special education office. District contact information can be found at <http://www.k12.wa.us/>

can be arranged by calling or writing:

**Office of the Deaf and Hard of Hearing (ODHH)**

P.O. Box 45300

Olympia, WA 98504-5300

(360) 902-8000 (Voice/TTY)

(800) 422-7930 (Voice/TTY)

(toll-free)

(360) 902-0855 (Fax)

*Website: <http://odhh.dshs.wa.gov>*

*Email: [odhh@dshs.wa.gov](mailto:odhh@dshs.wa.gov)*

The Office of the Deaf and Hard of Hearing funds regional service centers for the deaf and hard of hearing throughout the State of Washington. A complete listing of the regional service centers can be found at the website or contact ODHH. These nonprofits have professional staff working with children and their families to meet their language, technology and other communication needs as well as provide the following services:

- case management
- information & referral
- education & training
- technical assistance

**WithinReach**

(Formerly Healthy Mothers, Healthy Babies Coalition of Washington State)

WithinReach is a private not-for-profit organization whose mission is to serve as the foremost catalyst for improvements in maternal, child, and family health. WithinReach operates the following toll-free statewide information and referral lines:

**Family Health Hotline**

1-800-322-2588

**Healthy Kids Now!**

1-877-543-7669

**Take Charge Family Planning Hotline**

1-800-770-4334

**Family Food Hotline**

1-888-4-FOOD-WA

1-888-436-6392

*Website: [www.withinreachwa.org](http://www.withinreachwa.org)*

By calling any one of these numbers, you can access programs and services such as:

- Health Insurance
- Nutrition Resources
- Family Planning
- Child Care
- Immunizations

# By 1 Month

## SPEECH, LANGUAGE & HEARING SKILLS MOST BABIES DEVELOP

1. Cries.
2. Startles to loud, sudden noise.
3. Makes throaty sounds.

*Note: If your baby never does these things or does only one, please contact one of several resources listed on pages 2 and 3.*

## Activities for Parents

1. Talk to your baby while rocking or cuddling him/her.
2. Wind up a musical toy to put in your baby's bed.
3. Talk to your baby during his/her most important times: feeding, dressing, bathing and changing diapers.



# By 3 Months

## SPEECH, LANGUAGE & HEARING SKILLS MOST BABIES DEVELOP

1. Makes vowel sounds like "ooh", "ah".
2. Whimpers, squeals and chuckles.
3. Listens to voices.
4. Sometimes quiets to familiar voices.

## Activities for Parents

1. Imitate your baby's sounds: coos, sighs, gurgles.
2. Sing or hum to your baby while rocking or holding him/her closely.
3. Continue talking to your baby during his/her most important times: feeding, dressing, bathing and changing diapers.
4. Let your baby hear you before seeing you: knock on the door or call his/her name before entering the room.
5. Provide listening times with soft music when your baby is quiet.

## By 6 Months

### SPEECH, LANGUAGE & HEARING SKILLS MOST BABIES DEVELOP

1. Babbles to self ("baba", "gaga", "ma").
2. Squeals with excitement.
3. Has a few consonant sounds such as f, m, n mixed in with vowel sounds.
4. Tries to imitate changes in voice pitch.
5. Turns head toward sound source.
6. Cries differently for discomfort, pain or hunger.

### Activities for Parents

1. Continue to repeat your baby's new sounds: "da-da", "ma-ma", "ga". This is called babbling.
2. Your baby will enjoy playing with noisy toys and rattles. You may want to attach bells to his/her booties.
3. Continue to talk to your child while feeding, dressing, bathing and changing diapers.
4. Your baby will enjoy playing games such as "Peak-A-Boo" and "Patty-Cake".
5. Call your baby's name; see if she/he can turn toward your direction.



## By 9 Months

### SPEECH, LANGUAGE & HEARING SKILLS MOST BABIES DEVELOP

1. Imitates speech sounds of other people.
2. Stops when “no-no” or name is said.
3. Acts differently to friendly or angry talking.
4. Changes pitch of own voice.
5. Will turn head toward sound source and locate source if at eye level or below.

### Activities for Parents

1. Your baby will enjoy imitating your voice pattern. Use “uh-oh” when appropriate and listen to what happens! Continue to imitate his/her babbling.
2. Be sure to respond to your baby’s vocalizations. He/she is talking to you!
3. Your baby will enjoy listening to rhymes, songs and finger plays. She/he may even try the motions with you.
4. Make sounds around the room; watch your baby go find them.
5. Talk to you baby about what you’re doing. He/she wants to talk to you.

## By 12 Months

### SPEECH, LANGUAGE & HEARING SKILLS MOST BABIES DEVELOP

1. Uses one word correctly besides "ma-ma" or "da-da".
2. Stirs or wakes when sleeping quietly and there is a loud sound or someone is talking nearby.
3. Gives toy when asked for it.
4. Responds to music or singing.
5. Will locate sound source if presented above or below eye level.

### Activities for Parents

1. Looking in the mirror is always fun. Point out facial and/or body parts on you and your child. Ask "Where's your nose?" He/she will need help.
2. Look at picture books with your child. Talk about the pictures.
3. Play music. Your child will like to "dance".
4. Talk about and play with toy animals. Your child can say what the animals say: "Bow-wow", "meow", "moo-o-o".

# By 15 Months

## SPEECH, LANGUAGE & HEARING SKILLS MOST BABIES DEVELOP

1. Identifies familiar object when named, such as "shoe".
2. Uses 3 or 4 words correctly besides "ma-ma" or "da-da".
3. Imitates adults' vocal patterns.

## Activities for Parents

1. Your baby may enjoy listening to clocks and watches. Show him/her how to rock to the "tick-tock" sound. You could also do this with rhythm instruments.
2. Ask your baby to repeat the names of objects before he/she can have them: cookie, drink, milk.
3. Play "Hide 'n Seek". Hide a toy behind your back or under a blanket. "Where is it?" Talk about what you're doing.



# By 18 Months

## SPEECH, LANGUAGE & HEARING SKILLS MOST BABIES DEVELOP

1. Identifies familiar pictures when named.
2. Indicates wants by naming object (e.g., cookie, drink).
3. Can correctly match sound to object (e.g., "ding-dong" to the doorbell).

## Activities for Parents

1. Now when you look at picture books, ask your child to point out pictures. "Where's the cow?"
2. Include your child in things around the house. Have him/her help dust or make the bed. Talk about what you're doing!
3. Play ball. Your child will enjoy rolling and throwing the ball.
4. When the doorbell rings, let your child go to the door. Have Daddy honk the horn when he comes home. See what happens!
5. "Hide 'n Seek" is still fun. Take turns hiding.



# By 21 Months

## SPEECH, LANGUAGE & HEARING SKILLS MOST BABIES DEVELOP

1. Follows simple directions.
2. Will point to 3-5 body parts when named.
3. Uses a combination of words and nonsense when talking.

## Activities for Parents

1. Give your child simple directions. "Put your baby to sleep. She's sleepy." Make it fun.
2. Play with a toy telephone. Your baby will enjoy imitating your speech patterns.
3. Listening to music is fun. Clap, march, sing, beat a drum or dance to music. Let the whole family join in!



# By 24 Months

## SPEECH, LANGUAGE & HEARING SKILLS MOST BABIES DEVELOP

1. Picks a requested object from a choice of 5 known items.
2. Refers to self by name.
3. Occasionally uses a 2- or 3-word sentence.

## Activities for Parents

1. Water play is fun! Make bubbles, wash a baby doll, play with toys in the tub.
2. Include your child in making cookies, washing the car, digging in the yard. It may take more time, but it will be fun for him/her.
3. Cut out pictures for a scrapbook. Help your child paste all the trucks on one page, all the animals on another page.





It is the Policy of the Department of Social and Health Services that no person shall be subjected to discrimination in this agency or its contractors because of race, color, national origin, sex, age, religion, creed, marital status, disabled or Vietnam Era Veteran status, or the presence of any physical, mental, or sensory handicap.



*Washington State*  
Department of Social  
& Health Services

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**ODHH** Office of the Deaf  
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