

Milestones and Ideas - 0-6 Months

For Speech and Language Development

0 - 6 Month Milestones

- Turns head towards sounds and startles to loud noises
- Coos, goos, grunts and gurgles (by 3 months)
- Vocalizes both pleasure and displeasure
- Makes sounds and interrupts conversations when she wants attention
- Smiles when others talk to him and smile at him
- Begins to babble double consonants such as baba, dada, mama (5 months)

Communication Ideas 0-6 Months

Sing a Song

When you bathe, feed, exercise, or change your baby's diaper, sing a song. Let your baby watch your face while you talk and sing. Encourage other family members to do the same. Let your baby know how important she is.

Talking Time

When your baby is awake, encourage her to make different sounds, coos, and squeals. Cuddle her and hold her so she can see your face. You talk for a little while. Look at her face as she looks at yours.

Copy Cat Funny Faces

Make difference funny faces. Maybe an "oh" face; stick out your tongue or pucker your lips. When you notice baby seems to be studying your face, hold that expression and see if your baby will imitate it. Smile if baby copies you!

Peek-a-boo

Play Peek-a-boo with your baby. Place a blanket in front of you and come out saying, "Boo." Place your hands over your eyes then over baby's eyes. Release your hands and say, "Boo." Your baby will enjoy many variations of this game for a long time to come.

Warning Signs: Shows no reaction to sound
Are any of the above behaviours absent?

