

# Speech and Language Milestones

## Birth to 6 Months



### From Birth to 3 months, your baby:

- reacts to sudden noises by crying or jerking his/her body
- enjoys soft noises and familiar voices
- makes different sounds (like - ah, uh)
- gets excited when you come close
- knows if there is a strange person or unfamiliar situation
- makes noises (eg. coos, gurgles)
- turns toward a new sound
- looks at objects and faces
- is calmed when you hold and comfort him/her
- smiles at you
- usually has different cries to let you know that he/she is hungry or tired

### From 3 to 6 months, your baby:

- looks toward sounds and voices
- reacts when you show him/her a spoon or bottle
- smiles and laughs when he/she is happy, makes noises when he/she is not
- tries to talk to you, to himself/herself, and to objects
- may use a loud voice
- says sounds like “um-um”, “aga”
- watches your face when you talk
- makes noises to get attention
- makes sounds back when you talk

**DON'T WAIT  
EARLY HELP MAKES  
A DIFFERENCE!**

Call 519-272-8216 or 1-866-333-7716  
and ask for **smallTALK**

Visit our web site at [www.smalltalkinfo.ca](http://www.smalltalkinfo.ca)

Services provided by smallTALK are funded  
by the Ministry of Health and Long-Term Care  
and the Ministry of Children and Youth Services.

### How you can help your baby's speech and language grow:

- talk to your baby - talk about what you are doing when you are washing, dressing or feeding him/her
- use your baby's name when talking to him/her
- touch your baby
- repeat the sounds your baby makes
- face your baby when you talk to him/her
- do things that make your baby smile and laugh
- show your baby different sounds and talk about them (examples - play a music box, make animal sounds, crumple a paper bag)
- speak or make gentle sounds when your baby touches you, looks at you or makes sounds
- show your baby picture books and talk about what you see
- use lots of facial expressions when you are talking to your baby
- sing songs or nursery rhymes
- play simple games like “peek-a-boo”

Adapted with permission from material developed by First Words Preschool Speech and Language Program of Ottawa-Carleton led by Pinecrest-Queensway Health and Community Services.

**Parents, trust your instincts  
and call us if you ....**

- have questions or concerns about the way your child's speech and language skills are developing
- want to refer your child for a speech and language assessment
- want more information on other topics related to speech and language development



Huron-Perth Preschool  
Speech/Language Initiative