



Hearing & Language Milestones

(Birth to 5 Years)

Checklist for **parents** to track communication development



What Can I Do to Help My Child?

Pay attention to your child's hearing

1. Watch how your child responds to sound. See if they turn toward the noise or look at you when you talk. Look for signs of ear problems, such as pulling at the ears or crying when their ears are touched. If you notice these signs or feel concerned, contact your child's doctor.

Talk with your child's doctor

2. Talk with your child's doctor if you have concerns about development. Development includes how your child plays, learns, speaks, acts, or moves. Do not wait. Acting early can make a difference for your child.

Share the milestone checklist

3. Bring your completed milestones checklist to your child's appointment. Show the doctor if your child misses milestones or loses milestones they once had. Share any other concerns that you have. Even if your child meets milestones, tell the doctor if something doesn't feel right.

Ask about developmental evaluation

4. Ask your doctor if your child needs a developmental evaluation. If the doctor recommends an evaluation:
 - Ask for a referral
 - Schedule the appointment as soon as possibleBefore you leave the appointment, make sure you understand what the doctor tells you and what to do next.

Review your notes after the visit

5. Before leaving the appointment, check your notes. Make sure the doctor answered all your questions. If you don't understand something, ask the doctor to explain it again in a different way. When you get home, review your notes again and follow the steps the doctor recommended. You can always contact the doctor's office if you have more questions.

Trust your instincts

6. You know your child best. If your child's doctor has told you to "wait and see," but you feel concerned, talk with another professional. You can speak with another doctor, teacher, or specialist to get a second opinion.

Keep monitoring hearing and development

7. Some babies pass their newborn hearing screen but later develop hearing loss. Continue to complete the milestones checklist as your child grows. Monitoring milestones helps you notice changes early and get help if needed.



Hearing Screening

Pay Attention To Your Child's Hearing

Developmental monitoring helps you watch how your child grows and changes over time. It helps you see if your child is meeting common milestones for communication, learning, and speaking.

Use this checklist to see how your child is developing. The milestones show skills many children learn as they grow. They also help you know when to ask for help from a specialist, such as a hearing doctor (audiologist) or speech-language pathologist.

If your child is not meeting milestones, talk with your doctor or nurse about your concerns.

Read each item on the checklist. After you complete the checklist, show it to your child's doctor and go over any missing checkmarks. Bring this checklist to every well-child visit so you and your doctor can review your child's progress together.



Birth to 3 Months

- Reacts to sounds
- Calms or smiles when you speak
- Recognizes your or a caregiver's voice
- Changes sucking when feeding in response to sound
- Coos ("oooo," "aahh," "mmmmm")
- Cries differently for different needs
- Looks toward voices or people talking



7 to 9 Months

- Looks at you when you say their name
- Pauses when you say "no"
- Babbles long strings of sounds, ("mamamama," or "bababa")
- Listens when spoken to
- Understands words like "cup," "shoe," or "juice"



13 to 18 Months

- Looks around when asked "where" questions (for example, "Where's your blanket?")
- Follows simple directions ("Give me the ball," "Hug the teddy bear," "Come here," or "Show me your nose")
- Enjoys simple stories, songs, and rhymes; points to pictures in a book when you name them
- Shakes head for "no" and nods head for "yes"
- Understands words for common things, actions, and people
- Points to one or more body parts when asked
- Uses gestures when excited (claps, gives high-five, or sticks out tongue)
- Combines long strings of sounds, syllables, and real words with speech-like rhythm



2 to 3 Years

- Knows a few parts of the body and points when asked
- Has a word for almost everything and uses two to three word sentences
- Talks in a way that familiar adults understand
- Uses sounds like "k," "g," "f," "t," "d," and "n" (these may be emerging sounds)
- Names objects to ask for them or draw attention



4 to 5 Years

- Pays attention to a short story and answers simple questions
- Hears and understands most of what is said at home and in school
- Uses longer, detailed sentences
- Tells stories that stay on topic
- Communicates easily with adults and other children
- Says most sounds correctly (except a few, such as l, s, r, v, z, ch, sh, and th)
- Uses rhyming words
- Names some letters and numbers
- Uses correct grammar most of the time



4 to 6 Months

- Giggles and laughs
- Responds to changes in the tone of your voice
- Pays attention to music
- Babbles using sounds that begin with "p," "b," and "m"
- Makes sound when excited or upset
- Makes gurgling sounds when alone or with you
- Reacts to toys that make noise



10 to 12 Months

- Tries to copy sounds you make
- Responds to simple words and phrases ("Go bye-bye" and "Look at mommy")
- Says one or two words ("mama," "dada," "hi," "bye")
- Follows simple requests ("Come here")
- Follows gestures like waving, pointing, blowing kisses, or playing peek-a-boo



19 to 24 Months

- Uses and understands at least 50 different words for food, toys, animals, and body parts
- Says two or more words together ("more water," "go out")
- Follows two-step directions
- Uses words like "me," "mine," and "you"
- Uses words to ask for help
- Uses simple possessives ("daddy's sock")



3 to 4 Years

- Hears you when you call from another room
- Hears TV or radio at the same volume as other family
- Answers simple "who," "what," "where," and "why" questions
- Talks about activities at day care, preschool, or friends' homes
- Uses sentences with four or more words
- Speaks easily without repeating syllables or words

For questions or more information

Contact Texas Early Hearing Detection and Intervention for guidance, referral pathway, or additional resources.



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