

Milestones and Ideas - 6-12 Months

For Speech and Language Development

- Copies actions she sees others do, such as waving bye-bye
- Tries to say sounds like “ba ba” and “na na” and will start to use jargon (babbling that uses adult-like intonation)
- Understands familiar words (i.e. bottle, cup, juice)
- Understands simple sentences and requests like “Where’s your shoe?”, “Show me the ball”, “Come here” and “Wave bye-bye”
- Turns to listen when she hears familiar sounds like the telephone or her name
- May have one or two words she uses meaningfully (i.e. “dada” and “mama”)
- Starts to imitate some duplicated syllables (i.e. mamama)

Communication Ideas 6-12 Months

What do you hear?

When your baby hears a sound, help her find out what it is. Ask your baby, “What’s that noise? Is it Daddy’s car?” “Did you hear a bird?”

Baby Sips

Put a little water in plastic cup and give it to your baby. Watch what she does and let her experiment. She will probably enjoy trying to drink out of a cup.

Body Awareness

Your baby is discovering different body parts and probably has become very interested in his feet and hands. Encourage him by playing games such as This Little Piggy and other games with fingers and toes. Talk about his body when he touches his feet. Say, “You found your feet!”

Babble Away

When your baby makes a sound, start a conversation. When they make a noise such as “ga,” repeat the sound back: “ga ga ga.” Play with the sounds and make different noises.

Mommy’s Helper

When you’re busy with chores, making dinner or doing laundry, dampen a sponge and let your baby play. Let her wipe the table, chairs, floor, walls, and doors. Tell baby, “Thank you for helping Mommy.”

Warning Signs: Are you concerned about your child’s responsiveness or babbling?
Does your child have recurrent ear infections?

