



South Warwickshire
University
NHS Foundation Trust

time to talkTM

to your
12 month old



Ages and Stages
of Speech, Language and Communication

Look what I can do now I'm 12 months old!

I can communicate with my hands! I will point to things or wave.

I may use my first recognisable word – even though it isn't clear to everyone.



I am beginning to understand everyday words like 'up' and 'bye-bye'

I might use my babble sounds with people or even my toys!

I might try joining in with songs by 'singing' along

I may respond by turning towards you when you call my name

All children follow their own unique pattern of development. This is a general guide to how children typically learn to communicate at this age. It is not a screening tool, rather information to help you think about how you can help your child's communication skills excel.

Helpful Hints



Here's some ideas to help all children to develop their communication skills

- Use **simple words** to tell me what we are doing.
- **Repeating words** while we play together, or do everyday activities like nappy changing, will help me to learn.
- **Sing songs** and **nursery rhymes** – especially the ones with actions – I love them!
- **Look at me** when we are playing together. It helps me to connect with you and know you are there.
- **Copy the sounds** I make like blowing raspberries and babbling. This helps me learn to talk.
- I love to **look at books**. Let me hold them myself and look at what I am interested in.
- I love to play with **noisy toys**! Rattles, shakers, squeaky toys all help me learn to listen.
- Talk, sing and read to me in **our home language**, it make me feel included and helps me learn English too!
- I love to hear lots of **different voices** and noises. I may try to copy them!



Involve all the family

Involving the whole family will help them to connect with your baby and give your baby different opportunities to use their communication skills.

Don't forget...

No matter what age I am, one of the best ways to help my speech and language development is to have some **special quiet time** with me so we can talk, play, sing nursery rhymes or look at books

Make 'time to talk' a priority



Where to get more information:

If you'd like to know more about how to help your child learn to communicate, then take a look at our website:

www.timetotalkwarwickshire.co.uk



If you have any questions or concerns, then contact your **Warwickshire Health Visitor** or local **Children & Family Centre**

As a service, we aim to provide fair and equal access to all experiences, backgrounds and differences. If you feel we can make reasonable adjustments to support you with accessing our material, please speak to the person sharing this information with you or contact the team using the details above.

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