



South Warwickshire  
University  
NHS Foundation Trust

# time to talk<sup>TM</sup>

to your  
18-month  
old



**Ages and Stages**  
of Speech, Language and Communication

# I'm 18 months old and I'm starting to...

...use ten or more words,  
although they won't  
always be clear

...understand simple  
questions and  
instructions e.g.  
'where's teddy?'

...copy new  
sounds and  
words I hear

...point to  
parts of my  
body when  
asked

...use gestures like  
waving

...pretend to use real life  
things when playing like  
making a cup of tea

...get your attention by  
pointing or making noises

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

- Let me choose a toy or book so we can **talk about things that interest me**.
- **Get down to my level** and try playing face to face (or in my line of vision). Then I know that you are interested and connected with me.
- Use everyday routines like bath time to **give me new words**. Repeating words helps me learn them.
- I love to **sing songs and rhymes**, especially ones with actions. I love to learn them from you.
- When I say a little phrase I've learned from a song or programme, then **repeat it back to me** so I know you have heard me.
- If I say a word, **add a bit more** on. If I say 'dog', you can say 'fast dog!'. This will help me learn to say more.
- I don't need a **dummy** when I am awake now. If I still have one, then reduce it to nap/sleep times only.
- Consider my **screen time**. Playing and listening to stories are some of the main ways to help me develop.



## Celebrate your home language

Talk, sing and read to me in **our home language**, it makes me feel included and helps me learn English too!

## 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, 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](http://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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