

One Year-Olds

Saying More Than Mama & Dada

Every child develops differently, but the following milestones can help you determine whether your child is gaining speech and language skills at an appropriate level for his or her age. Children typically do not master all items in a category until they reach the upper age range.

Language Comprehension

- ❖ Points to recognized objects
- ❖ Points to a few body parts when asked
- ❖ Recognizes when name is called
- ❖ Understands simple verbs such as “eat” and “sleep”
- ❖ Points to pictures in a book when named
- ❖ Follows simple, one-step commands (e.g. “Roll the ball”)
- ❖ Recognizes pictures of familiar people

Language Expression

- ❖ Uses 10 to 20 words
- ❖ Speaks in one and two word phrases such as “more milk”
- ❖ Uses words to make his or her wants known “more”, “no”, “help”
- ❖ Begins to use pronouns such as “mine”
- ❖ Makes animal sounds, such as “moo”
- ❖ Babbles during play
- ❖ Begins to sing simple tunes
- ❖ Uses many different consonant sounds at the beginning of words

Pragmatics

- ❖ Requests objects by pointing and vocalizing or possibly using a word approximation
- ❖ Brings objects to show an adult
- ❖ Likes to imitate others



Pragmatics

- ❖ Says “bye” and possibly a few other conversational ritual words such as “hi”, “thank you” and “please”
- ❖ Imitates intonation
- ❖ Acknowledges speech of another by giving eye contact, vocally responding or repeating a word
- ❖ Teases, scolds, warns others by using a gesture with a vocalization or word approximation
- ❖ Perceives others’ emotions

Play

- ❖ Enjoys solitary or self-play
- ❖ Scribbles with a crayon
- ❖ Puts objects in and out of containers
- ❖ Imitates actions (sweeping, combing hair)
- ❖ Pulls toys, carries or hugs dolls
- ❖ Shifts attention rapidly
- ❖ Enjoys exploring, gets into everything, and requires constant supervision
- ❖ Tries to do many things by himself or herself
- ❖ Acts in a very possessive manner