



## ADAMS COUNTY HEALTH DEPARTMENT

108 W. MAIN, RITZVILLE, WASHINGTON 99169 - TELEPHONE (509) 659-3315  
425 E MAIN STE 700, OTHELLO, WASHINGTON 99344 - TELEPHONE (509) 488-2031

Speech and Language Milestone Chart:

*(Adapted from Learning Disabilities Association of America 1999)*

**Restrict TV** to no more than 1 hour per day of "good TV", such as *Sesame Street*, *Blue's Clues*, *Dora the Explorer* and *Baby Einstein*

### **Between two and three:**

- Names body parts
- Talks to self and dolls
- Asks "what's that?" and "where's my?"
- Uses two word phrases such as "no want"
- Forms some plurals by adding "s"; book, books
- Gives first name, holds up finger to tell age
- Combines nouns and verbs "mommy go"
- Understands simple time concepts; "last night", "tomorrow"
- Refers to self as "me" rather than by name
- Tries to get adult attention: "watch me"
- Likes to hear the same story repeated
- May say "no" when means "yes"
- Talks to other children as well as adults
- Solves problems by talking instead of hitting or crying
- Answers "where" questions
- Names common pictures and things
- Uses short sentences like "me want more" or "me want cookie"
- Matches 3-4 colors, knows big and little

### **Activities to encourage your child's language**

- *Repeat new words over and over*
- *Help your child listen and follow instructions by playing games: "pick up the ball," "Touch Daddy's nose"*
- *Take your child on trips and talk about what you see before, during and after the trip*
- *Let your child tell you answers to simple questions*
- *Read books or tell stories every day, perhaps as part of the bedtime routine*
- *Listen attentively as your child talks to you*
- *Say out loud what you are doing, planning, thinking*
- *Have your child deliver simple messages for you "mommy needs you, daddy"*
- *Carry on conversations with your child, preferably when the two of you have some quiet time together*
- *Ask questions to get your child to think and talk*
- *Show your child you understand what he or she says by answering, smiling, and nodding your head*
- *Expand what the child says. If he or she says, "more juice," you say, "Adam wants more juice."*