



## Free Programs for Parents and Caregivers of Children Birth to 5 years



**Don't Wait and See...  
Talk With Me**

Programs offered by Speech-Language Pathologists & Speech Therapy Assistants

- ◆ Programs for parents, caregivers and early childhood educators
- ◆ Speech, language and hearing screenings
- ◆ Programs in various community locations

### **Infant Massage**

*For babies  
(Birth to 12 months)*

Adults learn how to massage babies and the benefits of massage, including interaction and communication.

### **Baby Communicates**

*For parents and toddlers  
(Birth to 24 months)*

Learn more about your child's first words. Bring your child and join us as we play to encourage your child to communicate.

### **Parent-Child Mother Goose & Songs and Rhymes**

*For parents and children  
(Birth to 5 years)*

Join us for rhymes, songs and stories, while enjoying the company of other parents and children. Rhymes and songs are a great way to encourage language and communication skills.

### **First Words**

*For parents and young children  
(18 months to 3 years)*

Learn strategies to encourage language in everyday situations. Children learn to talk while they play and have fun.

### **Talk and Read with Me**

*For parents and children  
(3 —5 years)*

Have fun and learn with your child. Explore activities related to language and reading.

General Information and Education sessions.

- ◆ **CommunicAction- For Parents**  
Birth to 5 years
- ◆ **Baby Chat – For Parents**  
Prenatal parents
- ◆ **Spread the Word- For Educators**  
Birth to 5 years



To learn more, please call us toll free  
in  
Fredericton/Oromocto:  
**1 877-691-8800**  
[talkwithmefredericton@nbed.nb.ca](mailto:talkwithmefredericton@nbed.nb.ca)



**Talk with me Fredericton/ Oromocto**



ANGLOPHONE WEST SCHOOL DISTRICT

# Speech and Language Milestones

By 6-12 months, your child...	Yes	No
Enjoys games like “peek-a-boo”		
Looks at your eyes as you talk		
Smiles and laughs		
Babbles (bababa)		
Startles to loud sounds		
By 12 months, can your child...	Yes	No
Understand their name and words like “up”, “bye-bye”		
Follow simple directions like “come here” and “sit down”		
Use gestures such as “bye- bye”, shakes head “no”, reaches for “up”		
Combines lots of sounds as though they are talking (“abada ba da”)		
Say their first word		
Bring you toys to show you and/or play with		
Looks across the room at something you point to		
By 18 months, can your child...	Yes	No
Understand words such as body parts		
Understand simple directions or questions such as “where’s your nose?”, “get your hat”		
Understand in/out, off/on		
Makes environmental sounds (animal noises, car noises)		
Put sounds and words together that sound like sentences		
Say about 20 words, though not all are clear		
Use gestures like pointing, waving, reaching, sometimes paired with sounds or words		

By 2 years, can your child...	Yes	No
People can understand their words 50% of the time (words may not be complete, da for dog)		
Follow simple 2-step directions (“get your boots and bring them to mom”)		
Point to pictures of common items when asked (such as “where’s the dog”)		
Pick one thing out of a group of items, such as a cup		
Say some 2-word sentences (“more juice”)		
Ask for and name most common objects		
Ask simple questions (“what’s that”, “where daddy go”)		
Use “me” instead of their name when referring to self		
By 3 years, does your child...	Yes	No
Follow 2-step directions (“get your bear and put it in the bed”)		
Understand many concepts such as location (in, under) and description (hot, big) words		
Listen to stories and answer questions about it		
Ask and answer more types of questions		
Use many words to name objects, people and places in their environment		
Speak in short sentences made of 3+ words		
Begin to add endings to words like “running” and “toys”		
Use clearer speech to pronounce words(75% understood by people less familiar with your child)		
Can tell a simple story/sing a familiar song		

If your child is 4, can they...	Yes	No
Follow 3-step directions (“go to your room, get your shoes and bring them to me”)		
Use long sentences (4 to 6 words with only a few grammar errors)		
Answer questions about a book		
Be understood most of the time by people outside of immediate family		
Ask many questions (who, what, where, when, why)		
Give directions to others		
Talk about things they have done in the past		
Tell stories with a beginning, middle and end		
Tell you what they are feeling (“I’m tired”, “I’m mad”)		
Recognize rhyming words and makes up simple rhymes (“cat-bat”)		
If your child is 5, can they...	Yes	No
Understand directions involving “if...then” (ex: “if you’re wearing sneakers, then line up for the gym”)		
Speak in sentences (similar to adults but with a few grammar errors)		
Be understood almost all the time AND use most sounds correctly (exceptions: v, l, r, th or blends like br, pl, sk)		
Describe objects and events		
Talk about things in the past		
Recognize familiar signs such as “Stop”		
Identify some initial sounds in words (eg. “S” makes the /s/ sound. “s-s-s-un”)		

If you answered “No” to 2 or more questions according to your child’s age or if you have concerns, call us:1-877-691-8800