



Free programs and services for  
Caregivers and children birth-5



### Parent-Child Programs

#### Infant Massage

*For parents and babies birth-12 months  
5 sessions*

Learn how to massage your baby and the benefits of massage, including interaction and communication.

#### Baby Communicates

*For parents and children birth-24 months  
1 or 4 sessions*

Learn more about your child's first words and early communication. Join us as we play to encourage your child to communicate.

#### Songs and Rhymes

*For parents and children birth-5 years  
6-8 sessions*

Help build your child's language and literacy skills by doing fun activities, songs/rhymes, crafts and stories.

#### Parent-Child Mother Goose

*For parents and children birth-5 years*

Join us for fun songs and rhymes and oral stories.

#### CommunicAction

*For parents/caregivers*

Info session on language development, strategies to build language, literacy and more.

### What if I have questions or concerns?

See other side for preschool speech and language milestones.

A "Talk With Me" Speech-Language Pathologist will help support you by:

- Answering any questions that you have about your child's speech and language
- Offer suggestions based on your child
- Offer parent coaching (by invite only—see below)

### Parent-Child Programs (Invite Only)

#### First Words

*For parents and children 18-36 months*

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.

### CONTACT US

Covers Nackawic to Edmundston (English)

Phone: 1-866-423-8800

Facebook: Talk With Me Program—Woodstock

Email: [talkwithmewoodstock@nbed.nb.ca](mailto:talkwithmewoodstock@nbed.nb.ca)



# Speech and Language Milestones

If you answered “No” to 2 or more questions or if you have concerns, contact us: 1-866-423-8800, plus  
Have your child’s hearing assessed: 375-2586 (have child’s Medicare card)

By 6-12 months, does your child...	Yes	No
Enjoy games like peek-a-boo?		
Look at your eyes as you talk?		
Smile and laugh?		
Babble (bababa)?		
Startle 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?		
Make 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
Be understood by people 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 “run <u>ing</u> ” and “to <u>y</u> s”?		
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”)?		