



0-6 years Communication Checklist

Birth – 12 months

During their first year, children develop the ability to hear and recognise the sounds of their parents' language.

- o Between 0-3 months communicates by crying, cooing, smiling and making eye contact
- o Between 3-6 months communicates by crying, cooing, smiling, making eye contact, pointing, blowing raspberries and laughing
- o Between 6-9 months communicates by babbling, using sounds made with the lips (e.g. b and m) in sequences like "baba" and later "bamada"
 - o Is interested in watching your face
 - o Shows delight when you reply to their chatter
 - o Responds to you imitating them
 - o Notices familiar sounds and voices
 - o Recognises familiar people and respond to them
 - o Enjoys books and music
 - o Plays with sounds (babbling)
 - o Responds to their name and basic commands such as 'no' and the names of familiar objects
- o Between 9-12 months, communicates by babbling more, and using more sounds (e.g. d, m, n, h, w, t)
 - o Around 12 months begins to use words



12 months

- o Understands about 10 words
- o Responds to their name
- o Recognises greetings and gestures such as “hi” and “bye-bye”
- o Recognises a few familiar people and objects (e.g. mummy, blanky, teddie)
 - o Makes eye contact
- o Starts to use sounds, gestures, and say a few words
 - o Continues to extend babbling
 - o Copies different sounds and noises

18 months

- o Understands up to 50 words and some short phrases
 - o Follows simple instructions (e.g. ‘throw the ball’)
 - o Points to familiar objects when names
 - o Points to some pictures in familiar books
- o Says 6 to 20 single words – some easier to understand than others, but becoming more consistent
 - o Copies lots of words and noises
 - o Names a few body parts
- o Uses objects in pretend play (e.g. hold toy phone to their ear and say “hello?”)

IMPORTANT NOTE: Stuttering and voice problems are not part of normal communication development. Follow up with a Speech Pathologist is highly recommended.



2 Years old

- o Follows routine, familiar directions with cues
- o Sits to complete a tabletop task with some prompting
 - o Demonstrates appropriate use of objects in play
 - o Identifies familiar objects from a group of objects
- o Identifies photos of familiar objects and family members
 - o Identifies and labels body parts and clothing
 - o Understands and uses action words
 - o Names objects in photographs
 - o Uses 2-word combinations
- o Uses grammatical endings on words e.g. girls, walking
- o Uses the following sounds clearly in words: m/p/b/h/w
 - o Speaking vocabulary of 50+ words

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3 Years old

- o Sits for the duration of an activity without prompting
- o Understands spatial concepts e.g. in, on, off, out of
 - o Understands 'my', 'your', 'me'
 - o Understands use of objects
- o Understands descriptive words e.g. big, wet, little
- o Follows 2 - step related instructions without cues
 - o Asks questions
 - o Answers 'what?' and 'where?' questions
- o Combines sentences of 4+ words consistently in speech
- o Uses a variety of object, action, place and describing words together in sentences
- o Uses the following sounds clearly in words: m/p/b/h/w/t/d/k/g/y/f/l/s
 - o Gives first name, last name and sex
 - o Relates experiences from recent past
 - o Speaking vocabulary of over 450 words
 - o 75-100% of speech is understood by others

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4 Years old

- o Understands quantity concepts e.g. some, rest, all
 - o Identifies and labels colours
- o Can predict and make inferences e.g. what will happen if?
 - o Produces 5 + word sentences
 - o Can explain how an object is used
 - o Can reason 'why?' questions
- o Understands and responds to most questions asked
- o Uses grammatically correct sentences, however may make errors with irregular past tense e.g. "eated" for "ate"
 - o Uses the following sounds correctly in words:
m/n/p/b/h/w/t/d/k/g/y/f/l/s/z/sh/ch/j

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5 Years Old

- o Speaking vocabulary of 1500 words
- o Uses and understands long sentences
- o Uses grammatically correct sentences
 - o Can tell and retell a story heard
- o Asks and answers a wide variety of questions
 - o Can describe and reason
- o Uses all sounds clearly in conversation except for the 'th' sound
 - o Speech is readily understood by un/familiar people
- o Uses more complex vocabulary that expands every week
 - o Participates in detailed conversations
 - o Is able to rhyme words
 - o Hears and identify words that start with the same sound
 - o Is successfully learning to read (if at school)

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6 Years Old

- o Follows a series of instructions independently
- o Listens attentively to a story without visual aids
- o Understands complex questions which require prediction, inference and evaluation
 - o Can tell news without any assistance
 - o Can retell a story without prompting
 - o Explains reasons for things happening
- o Asks complex questions to find out information
 - o Has no grammatical errors
- o All speech sounds are clear; except 'th' (which can develop by 7-8 years).
 - o Uses words to express emotions
- o Maintains a conversational topic, taking appropriate turns
 - o Is able to spell, read and write at grade appropriate level
- o Completes reading comprehension tasks at grade appropriate level

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ARE YOU READY TO STOP...

- ... feeling isolated?
- ... constant worry about your child?
- ... racing against the clock, and thinking of your 'to do' list?
- ... emotional and physical exhaustion?
- ... overscheduled, unproductive days?
- ... constant guilt and feeling like you need to 'do more'?

YOU ARE NOW READY TO START...

- Saying YES to empowered support
- Nurturing strong positive relationships with your child/children
- Regaining an abundance of energy
- Being fully present, joyful and 'in the moment'
- Experiencing days feeling deeply fulfilled
- Connecting with like-minded, like-hearted individuals
- Investing in elevated ways to include yourself in your own circle of nurture.

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