The American Speech-Language-Hearing Association (ASHA) is the national professional, scientific, and credentialing association for 234,000 members, certificate holders, and affiliates who are audiologists; speech-language pathologists; speech, language, and hearing scientists; audiology and speech-language pathology assistants; and students.

Speech-language pathologists are experts who assess and treat many types of communication and swallowing problems.

Audiologists are experts who can help to prevent, diagnose, and treat hearing and balance disorders.

ASHA’s milestones are the definitive source for accurate and trusted information on children’s communication and swallowing. ASHA members are the experts in these areas of child development.
What are developmental milestones?

Behaviors or skills that occur at or around an age range as babies and young children grow and develop.
ASHA’s milestones resource will help you to:

• Know what to expect as your child grows and develops;
• Identify skills to work on with your child and when to get professional assistance;
• Know when to seek audiology and/or speech-language pathology services.
How were these milestones created?

Audiologists and speech-language pathologists, who are experts in communication, hearing, feeding and swallowing, reviewed the evidence to update the milestones. Each milestone is supported by research.
DID YOU KNOW?

• Each child develops at a different rate – even within the same family.

• Your child may not reach each milestone until the end of their age range.

• If your child does not reach several milestones within their age range, talk with your child’s doctor.

• Learning more than one language does NOT cause communication problems.*

• The milestone charts help you talk with your child’s doctor about their communication and/or swallowing development.

*www.asha.org/public/speech/development/learning-more-than-one-language/
COMMUNICATION MILESTONES
(Hearing, Speech, and Language)

BIRTH TO 5 YEARS
Communication Milestones: Age Ranges (asha.org)
**Communications Milestones 1 Year**

- Points and waves.
- Shows you or gives you objects.
- Imitates and initiates gestures, plays games, like blowing kisses or playing peek-a-boo.
- Tries to copy sounds that you make.
- Responds to simple words and phrases like “Go bye-bye” and “Look at Mommy.”
- Says one or two words—like *mama, dada, hi, and bye.*
<table>
<thead>
<tr>
<th>milestone</th>
<th>description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uses and understands at least 50 different words for food, toys, animals, and body parts.</td>
<td>Uses words like <em>me</em>, <em>mine</em>, and <em>you</em>.</td>
</tr>
<tr>
<td>Puts two or more words together—like <em>more water</em> or <em>go outside</em>.</td>
<td>Uses words to ask for help.</td>
</tr>
<tr>
<td>Follows two-step directions—like “Get the spoon, and put it on the table.”</td>
<td>Uses possessives, like <em>daddy’s sock</em>.</td>
</tr>
</tbody>
</table>
COMMUNICATION MILESTONES

3 Years

- Uses word combinations often but may repeat some words or phrases, like baby - baby - baby sit down or I want - I want juice.
- Uses -ing verbs like eating or running. Adds -ed to the end of words to talk about past actions, like looked or played.
- Asks why and how questions.
- Answers questions like “What do you do when you are sleepy?” or “Which one can you wear?”
- Correctly produces p, b, m, h, w, d, and n in words.
- Speech is becoming clearer but may not be understandable to unfamiliar listeners or to people who do not know your child.
COMMUNICATION MILESTONES

4 Years

- Tells you a story from a book or a video.
- Pretends to read alone or with others.
- Recognizes signs and logos like STOP.
- Pretends to write or spell and can write some letters.
- Correctly produces t, k, g, f, y, and -ing in words.
- Most people can understand what your child says. They may make mistakes on sounds that are later to develop—like l, j, r, sh, ch, s, v, z, and th.
5 Years

**COMMUNICATION MILESTONES**

- Produces grammatically correct sentences. Sentences are longer and more complex.
- Understands and uses location words, like **behind**, **beside**, and **between**.
- Follows simple directions and rules to play games.
- Recognizes and names 10 or more letters and can usually write their own name.
- Blends word parts, like **cup + cake = cupcake**. Identifies some rhyming words, like **cat** and **hat**.
- Produces most consonants correctly, and speech is understandable in conversation.
Are the communication milestones translated?

No. The communication (hearing, speech, and language) milestones and cutoffs are for American English speakers. Speech-language development for children who use additional languages may follow a different sequence or have different rates of mastery by age range. Therefore, these milestones are not translated.
Talk about what you’re doing, what your child is doing, and what your child sees.

Communicate with your child in the language(s) that you are most comfortable using.

Listen and respond to your child.

Give directions for your child to follow.

Read to your child as much as you can.

Ask questions and talk about what happened in the story.
Read to your child in the language(s) they are learning.

Don’t interrupt your child to correct their speech sounds. It’s okay if your child makes some mistakes with sounds.

Say sounds clearly when you talk.

Ask questions that need more than a yes or no answer.

Set limits for screen time. Use that time for talking, reading, and playing together.

Have your child’s hearing tested if you find yourself repeating a lot or using a loud voice.

TO SUPPORT SPEECH-LANGUAGE DEVELOPMENT:
YOU KNOW YOUR CHILD BEST.

Don’t wait to get help if you’re concerned.

Getting help early can stop later problems with behavior, learning, reading, and social relationships.
FEEDING & SWALLOWING MILESTONES

BIRTH TO 3 YEARS

Feeding & Swallowing Milestones: Age Ranges (asha.org)
FEEDING & SWALLOWING MILESTONES

1 Year

- Holds bottle or sippy cup with both hands.
- Sits upright in highchair with minimal assistance.
- Holds spoon during meal.
- Feeds self with fingers.
FEEDING & SWALLOWING MILESTONES

2 Years

Sits without support.

Feeds self with fingers or utensils.

Drinks from a small cup with hands with minimal spilling.
FEEDING & SWALLOWING MILESTONES

3 Years

Feeds self with fork and spoon, although often still uses fingers.

Drinks from an open cup without spilling.

Chews food with tougher textures, without gagging or coughing.
Yes. The feeding and swallowing milestones checklist reflects the ages by which at least 75% of children worldwide have mastered the skills. These milestones are based on international data and are consistent across country of origin or language spoken. A Spanish translation of ASHA’s Feeding and Swallowing Milestones is available.
TO SUPPORT FEEDING AND SWALLOWING DEVELOPMENT:

**TIPS**

- Have your child try a new food many times—this gives them the chance to decide if they like it.
- Serve a variety of foods to your child. Don’t get discouraged if they don’t like it the first few times.
- Cook with your child. Share new smells and tastes. Cooking together can make tasting new foods exciting when your child knows that they helped to prepare it!
- Children learn through play, so expose them to new foods by making meals exciting or playful. For example, have a picnic lunch outside, or finger paint with applesauce.
- Build on what your child already likes to eat by taking food one step further. If they like chicken nuggets, try a chicken patty.
Ask your child to try new foods, but don’t bribe or push your child too much. Pushing can cause your child to have negative associations with the act of eating—or with food in general.

Help your child learn their hunger and fullness cues. This creates healthy eating habits and a long-term positive relationship with food.

You know your child best, so don’t wait to get help if your child is having trouble breastfeeding, bottle-feeding, or eating solid foods.

Getting help early can prevent problems with eating and can foster a healthy relationship with food for you and your child.
Every child and family situation may be different. It’s important to check with your child’s pediatrician for feeding recommendations that are specific to your child’s needs.
To find an audiologist or speech-language pathologist near you, visit ASHA’s ProFind.
CONTACT ASHA

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Visit Homepage:
on.asha.org/dev-milestones