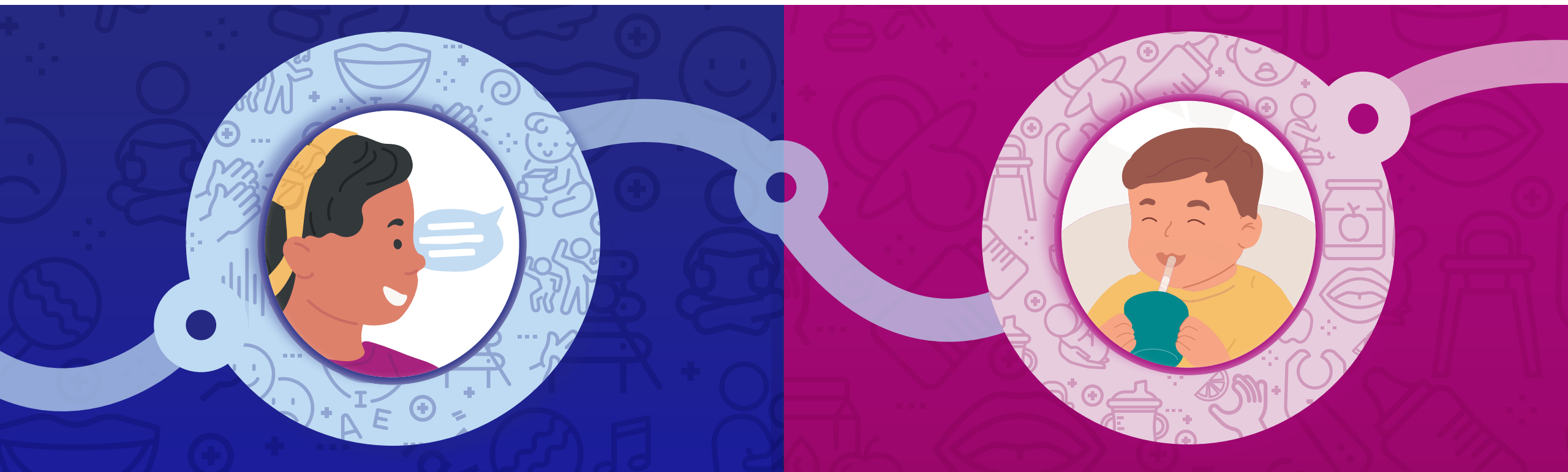


ASHA's DEVELOPMENTAL MILESTONES

BIRTH TO 5 YEARS Communication & Feeding Skills





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.



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



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



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)



COMMUNICATION 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**.

COMMUNICATION MILESTONES

2 Years



Uses and understands at least 50 different words for food, toys, animals, and body parts.

Puts two or more words together—like **more water** or **go outside**.

Follows two-step directions—like “Get the spoon, and put it on the table.”

Uses words like **me**, **mine**, and **you**.

Uses words to ask for help.

Uses possessives, like **daddy’s sock**.

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.

COMMUNICATION MILESTONES

5 Years



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.



TIPS

TO SUPPORT SPEECH-LANGUAGE DEVELOPMENT:

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.

MORE TIPS TO SUPPORT SPEECH-LANGUAGE DEVELOPMENT:

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.



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](https://www.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.



**Are the feeding
& swallowing
milestones
translated?**

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.

TIPS

TO SUPPORT FEEDING AND SWALLOWING DEVELOPMENT:

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.

The background is a solid purple color with a repeating pattern of white line-art icons. These icons include various food items like apples, bananas, and bowls, as well as eating-related actions like a person drinking from a bottle, a person eating with a spoon, and a person's mouth. There are also small plus signs scattered throughout the pattern.

MORE TIPS

TO SUPPORT FEEDING AND SWALLOWING DEVELOPMENT:

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.



ASHA
ProFind

To find an audiologist
or speech-language
pathologist near you,
visit [ASHA's ProFind](#).



ASHA

American
Speech-Language-Hearing
Association

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Visit Homepage:

on.asha.org/dev-milestones