

Infant Language Development Activities Handout

Birth to 3 months

- **Talk to your baby:**
Regularly talk to your baby about your day, emotions, or actions. The sound of your voice helps them begin to understand communication.
- **Sing songs:**
Sing simple nursery rhymes and lullabies to introduce your baby to the musicality of language.
- **Imitate sounds:**
Make cooing and babbling noises and pause to give your baby a chance to respond, fostering early conversational skills.

Expected milestones:

- Reacts to familiar voices.
 - Coos and makes pleasure sounds.
 - Begins to babble.
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4 to 6 months

- **Read aloud:**
Use picture books with large, colorful images to capture your baby's attention while you describe the pictures in simple phrases.
- **Expand responses:**
When your baby makes sounds, respond as if they are conversing with you. This teaches turn-taking in communication.
- **Use gestures:**
Incorporate gestures like waving goodbye, pointing, and nodding while you speak to help associate actions with words.

Expected milestones:

- Babbles with expression.
 - Laughs and squeals.
 - Makes sounds to show joy and displeasure.
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7 to 9 months

- **Name objects:**

Consistently name common objects during daily routines to build your baby's vocabulary. For example, say "bottle" when you give them their bottle.

- **Play interactive games:**

Engage in games like peek-a-boo and pat-a-cake to encourage social interaction and verbal responses.

- **Encourage imitation:**

Mimic your baby's sounds and encourage them to imitate your words, which will help develop their speech skills.

Expected milestones:

- Understands "no."
 - Makes a lot of different sounds like "mamama" and "bababa."
 - Copies sounds and gestures of others.
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10 to 12 months

- **Encourage simple words:**

Prompt your baby to use simple words like "mama," "dada," "more," or "done." Celebrate any attempts they make to speak.

- **Ask questions:**

Ask simple questions and pause to give them a chance to respond, which helps them learn the structure of the conversation.

- **Introduce more complex songs and stories:**

To stimulate language comprehension, include songs with gestures, like "The Itsy Bitsy Spider," and read more complex stories.

Expected milestones:

- Says simple words like "mama" and "dada."
- Shakes head for "no."
- Tries to imitate words.