

SPEECH AND LANGUAGE MILESTONES BY AGE

1 TO 2 YEARS

- Uses 20–50 or more words by age 2
- Combines two words (“more juice”)
- Follows simple directions
- Points to body parts and pictures
- Understands many more words than they can say

DAILY LANGUAGE ACTIVITIES

- Expand on your child’s words (“car” → “big blue car”)
- Narrate everyday activities
- Ask simple questions
- Read repetitive books together
- Encourage pretend play and naming objects

2 TO 3 YEARS

- ☐ Uses short sentences
- Vocabulary grows rapidly
- Answers simple questions
- Speech becomes easier to understand
- Follows two-step directions

DAILY LANGUAGE ACTIVITIES

- Encourage storytelling during play
- Model short sentences
- Play sorting and naming games
- Sing nursery rhymes
- Read books and ask “what” and “where” questions

3 TO 4 YEARS

- Speaks in longer sentences
- Uses pronouns and basic grammar
- Can tell simple stories
- Speech is understood most of the time
- Answers “who,” “what,” and “where” questions

DAILY LANGUAGE ACTIVITIES

- Have daily conversations about routines
- Play pretend and role-play games
- Ask open-ended questions
- Read books and predict what happens next
- Practice rhyming and sound play

4 TO 5 YEARS

- Uses complete sentences
- Tells detailed stories
- Understands basic time concepts
- Follows multi-step directions
- Speech is mostly clear to unfamiliar listeners

DAILY LANGUAGE ACTIVITIES

- Encourage conversations at meals
- Play word and rhyming games
- Read longer storybooks together
- Practice describing objects and events
- Let your child retell stories in sequence