

Ages: 1-2

# Well-Child Language and Literacy Tip Sheet



For more information, visit [thereadingleague.org/compass/families-and-caregivers](https://thereadingleague.org/compass/families-and-caregivers)

## Screen Time Tips

The American Academy of Pediatrics recommends **no** screen-based media for children under 2 years, except for video chatting.

## Language Tips

Typically developing children will begin to speak this year. Notice which words they use and continue teaching them new words. It can be helpful to have your child look at your mouth when you say new words so they can see how to move their own mouth to make the correct sounds.

*Is your child on track with speech?* A good rule of thumb is to look for about 18 words by the time the child is 18 months old.

When your child knows about 50 words, they will likely start saying short phrases and then sentences.

When your child speaks or gestures to you, smile at them and then respond to help them begin to understand back-and-forth conversations.

Reading, saying, or singing nursery rhymes and songs will help your child to hear and play with the sounds in language. This is called phonological awareness, and it will help your child develop future reading skills.

## Activity Tips

Check your local libraries for free story hours.



## Music Exploration

- Music is full of patterns and repetition, plus it's fun!
- Play music, sing, and try out toddler instruments (or get creative and use household items as instruments).



## Sensory Play

- Sensory play with safe items, such as flour, edible play dough, or rice, builds hand-eye coordination and provides a reason for conversation.

## Pre-Literacy Skill Tips

Reading to your child can be a great addition to a morning or bedtime routine. Toddlers thrive on routine, and knowing what to expect brings comfort and helps them feel stable and in control.



## Baby Safe Books

- Have baby-safe books on straps to attach to strollers and car seats so babies can get used to handling books themselves.

## Language Development Milestones

- Points to pictures in a book when you name them.
- Attempts to say familiar words from favorite books.
- Brings books to you to read.
- Tries to turn pages in a board book (even if several at a time).