

*Practical Guide
for Parents:*

**HOW TO
STIMULATE YOUR
CHILD'S LANGUAGE
DEVELOPMENT**

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Índice

1. Introduction	3
2. Developmental Milestones	4
3. How to Encourage Language at Home?	7
4. Practical Tips for Everyday Life	8
5. When to Seek a Specialist?	10
6. Conclusion	11

Introduction

Communication is one of the most important skills a child develops. From the very first months of life, babies begin to express themselves—whether through crying, babbling, or even eye contact.

Over time, these interactions evolve into words, phrases, and more complex conversations.

As parents, you play a key role in this process. The way you interact with your child on a daily basis has a direct impact on their speech and language development.

This guide was created to help you in a simple and practical way. Here, you will learn about developmental milestones and effective strategies to encourage communication at home.

Let's go on this journey together to support your child's growth!

Developmental Milestones

Children develop language gradually, from their first sounds to full sentences. Developmental milestones show what is expected at each age and help parents follow this process. Every child has their own pace, but they should reach the expected milestones. Understanding these stages can be helpful for encouraging communication and identifying possible difficulties!

0 to 3 months old:

- Reacts to loud sounds
- Makes cooing and babbling sounds
- Pays attention to voices and smiles when spoken to

4 to 6 months old:

- Turns head toward sounds
- Makes different sounds, such as laughter and squeals
- Begins to babble (e.g., “ba,” “ma”, “da”)

Developmental Milestones

7 to 12 months old:

- Understands common words like “mama” and “dada”
- Babbling with a variety of sounds (e.g., “bababa,” “dadada”)
- Uses gestures like pointing or waving
- Tries to imitate words

1 to 2 years old:

- Combines 1 to 2 words together (e.g., “more water”)
- Follows simple instructions (e.g., “pick up the ball”)
- Points to objects when named
- Makes sounds to get attention

2 to 3 years old:

- Uses 2 to 3-word phrases
- Understands and responds to simple questions
- Has a vocabulary of at least 50 words
- Most people close to them can understand what they say

Developmental Milestones

3 to 4 years old:

- Uses complete and more complex sentences
- Tells short stories or events
- Answers questions like “who?”, “what?”, “where?”
- Speech is understandable to most people

4 to 5 years old:

- Speaks clearly and understandably
- Tells more detailed stories
- Uses complete sentences with correct grammatical structure
- Participates in conversations, staying on topic



If your son/daughter is not reaching these milestones within the expected time frame, it could be a warning sign that they need more stimulation or even a professional evaluation.

How to Encourage Language at Home?

Did you know that the simplest moments of everyday life are great opportunities to develop language?

Here are some effective strategies:

1. Describe your day.

Talk about what's happening around the child. Example:

- “Now let's change your diaper!”
- “What a nice smell of soap! Let's wash your foot.”
- “Look, the dog is running in the park!”

2. Expand the child's sentences

Use the child's words and phrases to expand their vocabulary and sentences. Example:

- If the child says “car,” you can respond:
- “That's right! The red car is going fast!”

How to Encourage Language at Home?

3. Use open-ended questions

Give options so the child can think and choose. Example:

- Instead of asking “Do you want an apple?”, say: “What do you want to eat? An apple or a banana?”

4. Reduce screen time

Excessive screen time can reduce interaction and affect language development. Prefer interactive play, conversations, and sung songs instead of television and cell phones.

5. Read books every day.

Reading strengthens language and creativity. Ask questions about the story and encourage the child to point to pictures. It’s also an excellent ally for establishing a bedtime routine.

Practical Tips for Everyday Life

Small changes in the routine can make a big difference! At any moment, you can and should stimulate language development—just find the right opportunity. Here are some ways to encourage language naturally!

During bath time

Talk about the water temperature, name body parts, and use bath toys to associate them with the body. For example: “The frog jumped on your arm! Let’s wash your arms!” Make onomatopoeias during bath time like “splash” and “boom.”

During meals

Name the foods, utensils, and describe what you’re preparing. Ask the child to help you make a salad, and during the meal, encourage them to describe the flavors and textures.

Practical Tips for Everyday Life

At the Grocery store

Ask about the colors of the products, name the items you are buying, explain what each item is used for, ask for help finding the items, and ask the child to count how many things are in the cart.

In the car

Sing songs, describe what you see through the window, talk about where you're going, and create games like spotting cars of a specific color or counting how many traffic lights are along the way.

During playtime

Encourage pretend play (like playing house, cooking, with toy cars and dolls), using imagination to give objects different functions (blocks can become food in a pot). These types of play support creativity and communication.

When to seek a specialist?

If the child shows any of the following signs, it may be a good idea to seek a speech-language pathologist:



Does not respond to their name by 12 months



Does not say words by 18 months



Does not form phrases by 2 years old



Does not understand simple commands, e.g., “get the banana”



Does not make eye contact or shows **no** interest in social interactions

Early intervention is key for communication development, so if you have any concerns, don't hesitate to reach out for a professional evaluation!

Conclusion

You, as a mother or father, play a key role in your child's language development. Small daily actions make all the difference!

There's no need to teach everything at once or aim for perfection — what matters most is creating moments of connection, affection, and genuine interaction.

Language develops naturally in an environment rich in stimulation, where the child feels safe, heard, and encouraged to express themselves.

Throughout this eBook, we've seen that language is much more than just speaking words. It involves understanding, interacting, imagining, playing, and building relationships.

You can support all of this with simple actions: naming everyday objects, reading together, singing songs, observing the environment, and most of all — being present!

If you enjoyed this material and want to keep learning about language, speech, and child development, come discover Ear Brain Integration – EBI and follow us on social media for more tips, fun facts, and valuable information to help you support your child with love and awareness.



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