

SPEECH, SWALLOWING, & VOICE SPECIALISTS OF HAWAII

***** (Mobile DSS, LLC) *****

1-2 YEARS MILESTONES

SPEECH & LANGUAGE MILESTONES	YES	NO
Points to a few body parts when you ask		
Follows 1-step directions, such as "Roll the ball" or "Kiss the baby"		
Understands simple questions, like "Who's that?" or "Where is your shoe?"		
Listens to stories, songs, & rhymes for a longer time		
Points to pictures in books when you name them		
Uses any new words		
Uses <i>p, b, m, h, & w</i> in words		
Starts to name pictures in books		
Asks <i>what, who, & where</i> questions, such as "What's that?" or "Where's kitty?"		
Puts 2 words together such as, "More apple," "No bed," or "Mommy book."		
FEEDING/SWALLOWING MILESTONES	YES	NO
<i>(closer to 12-18 months)</i>		
Can hold and drink from open cup independently		
Increases variety of chopped table foods and participate in family mealtime		
Self-feeding, grasps spoon with whole hand		
Holding cup with 2 hands		
Drinking with 4-5 consecutive swallows		
Holding and tipping bottle (if still using bottle)		
Imitates adult eating and preferences		
May say the word for food they want		
Can extend tongue out of mouth to clear food off lips		
Able to handle easily chewed foods such as finely chopped and soft meats and some coarsely chopped foods		
Can draw lips into mouth to clear food		
Rotary (circular) chewing		

If you have concerns about your child, please call/email today to schedule your free 15-minute telephone consultation. We are here to help!

Phone: 808-207-8100

Email: terry@mobiledss.com

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FEEDING/SWALLOWING MILESTONES <i>(continued)</i>	YES	NO
<i>(closer to 19-24 months)</i>		
Swallowing with lip closure		
Self-feeding predominates		
Chewing broad range of foods		
Up-down tongue movements precise		
Able to handle coarsely chopped table foods, most meats, and raw vegetables.		
SOCIAL/EMOTIONAL/COGNITIVE MILESTONES	YES	NO
"Shows off" for attention		
Responds to name when called		
Shows change in facial expressions		
Likes to hand things to others as play		
May have temper tantrums		
May be afraid of strangers		
Shows affection to familiar people		
Plays simple pretend, such as feeding a doll		
Claps hands together in response to social play		
Enjoys playing with new toys		
May cling to caregivers in new situations		
Points to show others something interesting		
Explores alone but with parent close by		
Enjoys playing at the playground		
Able to transition to a new environment or activity		
Able to self sooth when upset		
Knows what ordinary things are for (i.e., telephone, brush)		
Points to get the attention of others		
Shows interest in a doll or in a stuffed animal by pretending to feed		
Points to a few body parts		
Scribbles his/her own		

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SOCIAL/EMOTIONAL/COGNITIVE MILESTONES (continued)	YES	NO
Can follow 1-step verbal commands without any gestures (i.e., "sit down")		
<i>(closer to 24 months)</i>		
Able to participate in small groups with other children		
Able to play in social situations after a transition time		
Able to locate objects you are pointing to		
Copies others, especially adults and other children		
Gets excited when with other children		
Shows more independence		
Shows deviant behavior (i.e., doing something child has been told not to do)		
Plays mainly beside other children, but is beginning to include other children, such as in chase games		
Enjoys play with new toys in varied ways		
Enjoys sitting to look at or listen to a book		
Able to be away from parents when with supportive and familiar people		
Finds things even when hidden under two or three covers		
Begins to sort shapes and colors		
Completes sentences and rhymes in familiar books		
Plays simple make-believe games		
Builds towers of 4 or more blocks		
Might use one hand more than the other		
Follows 2-step instructions, such as "Pick up your shoes and put them in the closet"		
Names items in a picture book such as <i>cat, bird, or dog</i>		
MOTOR & SENSORY MILESTONES	YES	NO
Walking independently and seldom falls		

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MOTOR & SENSORY MILESTONES <i>(continued)</i>	YES	NO
Squats to pick up toys		
Stacks two objects or blocks		
Has a regular sleep schedule		
Helps with getting dressed/undressed		
Eats an increasing variety of foods		
Able to wear new and varied textures of clothing		
Enjoys various textures, such as grass or sand, after multiple exposures		
<i>(closer to 19-24 months)</i>		
Walks alone		
Can help undress self		
Pulls toys while walking		
Drinks from a cup		
Eats with a spoon		
Usually plays with toys without mouthing them		
Walking flat footed		
Awareness of wet/soiled diaper		
<i>(closer to 24 months)</i>		
Can stand on tiptoe		
Begins to run		
Climbs onto and down from furniture without help		
Walks up/down steps holding on		
Throws ball overhand		
Draws or copies straight lines and circles		

References:

1. Arvedson JC, Brodsky L. *Pediatric Swallowing and Feeding: Assessment and Management*, 2nd ed. Albany, NY: Singular Thomson Learning 2002.
2. ASHA: www.asha.org/public/speech/development/chart/
3. CDC: www.cdc.gov/ncbddd/actearly/milestones/index.html
4. Infant and Toddler Forum: www.infantandtoddlerforum.org
5. Pathways: www.pathways.org

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