



MAY IS SPEECH AND HEARING MONTH

Get your child's hearing tested! It's always a good idea to have your child's hearing tested if you are concerned about speech and language development, just in case hearing issues are part of the problem. Go to the Language Express website and click on the Referrals tab for a list of audiology clinics that offer testing for preschoolers.

Monitor your child's speech and language development. Children start developing speech and language skills at birth. Your child should:

- Say 3-5 words by her first birthday;
- Use at least 20 words and follow simple instructions ("Give me the ...") by 18 months;
- Use 100-150 words and combine two or more words ("Mommy up") by age two;
- Use 4-7 words in a sentence ("I want my red ball.") by age three;
- Use correct grammar and keep a conversation going on the same topic for 3 turns by age 4.

What Can You Do to Help Your Child:

- Play with your child!** Preschool children are active learners and learn many things during play. Be sure to include lots of outdoor play – there is so much to see, do, and talk about outdoors.
- Read with your child every day!** Sharing books helps children learn about the wider world and how to tell stories. They learn new words and sentence forms, how rhymes work, and the names and sounds of letters. We want children to love books, so keep it FUN!
- Get face-to-face and talk to your child!** The more parents talk to their children, the more their children learn about language. Talking can happen anywhere, anytime - in the car, at the store, in the bath, while getting ready for bed. Children learn best when they are engaged and involved. Listen with genuine interest. Comment, encourage, expand, clarify and explain.

If you are concerned about your child's speech and language development, call the Language Express Preschool Speech and Language Program at 1-888-503-8885 / 613-283-2742. A speech and language assessment can identify your child's strengths and needs, and can help you prepare your child for success at school and in life.

For more information, check out our website: www.language-express.ca

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