



## SPEECH AND LANGUAGE DEVELOPMENT IN PRESCHOOLERS

Children are developing speech and language skills from birth. Your child should:

- Say 3-5 words by her first birthday;
- Use 100-150 words and combine two or more words (e.g. "Mommy up") by age two;
- Use 4-7 words in a sentence (e.g. "I want my red ball.") by age three;
- Use adult-type 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. They can act out new roles, make up stories, negotiate game rules, and practice new ways of saying things.
- Read with your child every day! Reading together should be fun. Reading can help your children learn many important things (facts about the world, information about what people do and why they do it, new words and sentence forms, how to construct stories, rhymes and songs).
- Talk to your child! The more parents talk to their children, the more their children learn about language. Children learn more easily when the talk is directed to them (rather than hearing two adults talk to each other). Get face to face when you are talking to your child! Remember that talking can happen almost anywhere, anytime (e.g., in the car, at the store, in the bath, while getting ready for bed). Children learn best when they are interested, engaged and involved. Talk about what your child enjoys or finds interesting. 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 System at 1-888-503-8885 / 613-283-2742. A speech-language assessment can identify your child's strengths and needs, and can help you prepare your child for success in communicating, reading and writing. For more information, check out our website: [www.language-express.ca](http://www.language-express.ca)