

Talking Milestones Checklist:

1 Year to 18 Months

1 / 3

Tick one box for each line. These are things most children (75% or more) do by each age. Not a screening test: bring this to your child's next checkup.

By 1 year	Yes	Not yet	Not sure
Waves "bye-bye"	☐	☐	☐
Calls a parent "mama" or "dada" or another special name	☐	☐	☐
Understands "no" (pauses briefly or stops when you say it)	☐	☐	☐

By 15 months	Yes	Not yet	Not sure
Tries to say one or two words besides "mama" or "dada," like "ba" for ball or "da" for dog	☐	☐	☐
Looks at a familiar object when you name it	☐	☐	☐
Follows directions given with both a gesture and words. For example, he gives you a toy when you hold out your hand and say, "Give me the toy."	☐	☐	☐
Points to ask for something or to get help	☐	☐	☐

By 18 months	Yes	Not yet	Not sure
Tries to say three or more words besides "mama" or "dada"	☐	☐	☐
Follows one-step directions without any gestures, like giving you the toy when you say, "Give it to me."	☐	☐	☐



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Talking Milestones Checklist: 2 to 3 Years

2 / 3

Tick one box for each line. These are things most children (75% or more) do by each age. Not a screening test: bring this to your child's next checkup.

By 2 years	Yes	Not yet	Not sure
Points to things in a book when you ask, like "Where is the bear?"	☐	☐	☐
Says at least two words together, like "More milk."	☐	☐	☐
Points to at least two body parts when you ask him to show you	☐	☐	☐
Uses more gestures than just waving and pointing, like blowing a kiss or nodding yes	☐	☐	☐

By 30 months	Yes	Not yet	Not sure
Says about 50 words	☐	☐	☐
Says two or more words together, with one action word, like "Doggie run"	☐	☐	☐
Names things in a book when you point and ask, "What is this?"	☐	☐	☐
Says words like "I," "me," or "we"	☐	☐	☐

By 3 years	Yes	Not yet	Not sure
Talks with you in conversation using at least two back-and-forth exchanges	☐	☐	☐
Asks "who," "what," "where," or "why" questions, like "Where is mommy/daddy?"	☐	☐	☐
Says what action is happening in a picture or book when asked, like "running," "eating," or "playing"	☐	☐	☐
Says first name, when asked	☐	☐	☐
Talks well enough for others to understand, most of the time	☐	☐	☐



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Talking Milestones Checklist: For the Grown-Up

3 / 3

This is not a screening test and there is no score. It is a record of what you have seen, to share with your child's doctor.

What the ages mean

Each age is when most children (75% or more) can do the things listed, so many children do them earlier. A child who is not doing one yet at that age is worth a conversation with the doctor, not a reason to panic. The CDC says its checklists are not screening or diagnostic tools.

If you ticked "Not yet"

Don't wait. If your child is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early.

Talk to your child's doctor and ask about a hearing check. For a child under 3, you can also contact your state's early intervention program yourself, without a referral, and the evaluation is free. Losing words or skills your child used to have is always a reason to call.

Notes and questions for the checkup

Milestones: CDC, Learn the Signs. Act Early. (2022 checklists), cdc.gov/actearly. The items are the CDC's Language/Communication milestones, word for word.



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