



Milestones Matter

Your Baby at 10 to 12 Months

How your child plays, learns, speaks, acts and moves offers important clues about his or her development.

Your Child's Communication

- By age 10 months, reaches for objects
- Points, waves and shows or gives objects
- Imitates and initiates gestures for engaging in social interactions and playing games, like blowing kisses or playing peek-a-boo
- Tries to copy sounds that you make
- Enjoys dancing
- Responds to simple words and phrases like "go bye-bye" and "look at Mommy"
- Says one or two words like "mama," "dada," "hi" and "bye"

Each child develops uniquely, even within the same family, and may meet certain milestones earlier or later than others. If your child does not meet many of the milestones within their age range, or if you have any concerns about your child's hearing or development, it is important to act early. It can make a big difference!

It's also important to note that the communication (hearing, speech and language) milestones and cutoffs are for American English speakers. Speech-language development for children who speak languages outside of spoken American English may follow a different sequence or have different rates of mastery by age range.

You Can Help Your Child Learn and Grow

Here are some activities to enjoy with your baby.

- **Pay attention to your child's hearing.** See if they turn to noise or look at you when you talk.
- **Look for signs like crying while they are pulling on their ears, which could mean ear problems or infections.** If you are concerned, see a doctor.
- **Respond to your child.** Look at them when they make noises. Talk to them. Imitate the sounds they make.
- **Make silly faces with them.** Laugh when they do.
- **Teach your baby to copy actions,** like peek-a-boo, clapping, blowing kisses and waving bye-bye. This teaches them how to take turns and use gestures.
- **Talk about what you do during the day.** Say things like "Mommy is washing your hair," "You are eating peas" and "Oh, these peas are good!"
- **Talk about where you go, what you do there and who and what you see.** Say things like "We are going to Grandma's house. Grandma has a dog. You can pet the dog."
- **Teach animal sounds** like "A cow says 'moo'."
- **Sing, tell stories or read** to your child every day.
- **Talk to your child in the languages** you are most comfortable using. Early exposure helps your child learn language best.
- **Build on what they say or try to say.**
- **Talk about and label what you see** while riding in the car or going for walks.
- **Sing songs with actions** such as Itsy-Bitsy Spider or Wheels on the Bus.

This information was adapted with permission from the American Speech-Language-Hearing Association communication milestones: asha.org/public/developmental-milestones/communication-milestones

If you have concerns, you can talk to your child's pediatrician, schedule a clinical evaluation or call your child's school district. You can also use ASHA ProFind (asha.org/profind) to find an ASHA-certified audiologist (asha.org/public/who-are-audiologists) or speech-language pathologist (asha.org/public/who-are-speech-language-pathologists) for an assessment.

For children 1 year (12 months) of age and up, you can also sign up for a free online or in-person speech, language and hearing screening with a speech-language pathologist from Boys Town National Research Hospital by emailing screenings@boystown.org or calling 531-355-5605. For more information visit bit.ly/hearing-language-screening.

Clinical Evaluations

Audiology: Boys Town National Research Hospital offers pediatric hearing evaluations. Please call 531-355-6520 for appointments.

Boys Town National Research Hospital - Downtown
555 N. 30th St., Omaha, NE 68131

Boys Town National Research Hospital - West
14040 Hospital Rd., Boys Town, NE 68010

Boys Town Council Bluffs Clinic
320 McKenzie Ave., Suite 202, Council Bluffs, IA 51503

Speech-Language Pathology: Boys Town National Research Hospital offers pediatric speech-language evaluations and therapy. Call 531-355-5087 for appointments.

Boys Town National Research Hospital - Downtown
555 N. 30th St., Omaha, NE 68131

Boys Town Speech-Language Clinic
14015 Flanagan Blvd., Suite 101, Boys Town, NE 68010

Boys Town Pediatrics - Maple Street Clinic
3838 N. 167th Court, Omaha, NE 68116

Behavioral Health: Boys Town Center for Behavioral Health offers services for children with behavioral or social-emotional concerns. Call 531-355-3358 for appointments.

Boys Town Center for Behavioral Health
13460 Walsh Dr., Boys Town, NE 68010

Educational Evaluations

Your child may qualify for a free assessment through the school district in which you reside, some of which are listed below. For more information, you can also contact Nebraska ChildFind at 1-888-806-6287.

Ashland-Greenwood
Public Schools
402-944-7083

Bellevue Public Schools
402-293-4000

Bennington Public Schools
402-238-3044

Blair Community Schools
402-426-2610

DC West Community Schools
402-359-2583

Elkhorn Public Schools
402-289-2579 ext. 11000

Fremont Public Schools
402-727-3084

Gretna Public Schools
402-332-3265

Millard Public Schools
402-715-8302

Omaha Public Schools
531-299-0242

Papillion-La Vista
Community Schools
402-514-3243

Ralston Public Schools
402-331-4700

Westside Community Schools
402-390-2100

Yutan Public Schools
402-625-2141

