





A Checklist for a Sound Start

By 12 months of age . . .







- | | | |
|---|-----|----|
|  My child uses gestures like pointing, shaking head “no”, waving “bye-bye” | YES | NO |
|  My child has 3 or more words that he/she uses consistently | YES | NO |

Number of times you checked ‘NO’

If you answered 'NO' to one or both questions,
please consider a referral to the Nova Scotia Hearing and Speech Centre nearest you.

(Scroll for the next page)

(Scroll to page 3)

 My child follows simple directions like “sit down” or “come here”	YES	NO
 My child likes a variety of different toys and activities	YES	NO
 My child looks at something I point to across the room	YES	NO
 My child brings toys to show me	YES	NO
 My child sometimes strings lots of sounds together as though he/she is “pretending” to talk in sentences (e.g., “ <i>abada baba abee</i> ”)	YES	NO
 My child is starting to play pretend (holds a toy phone to ear, or pretends to drink from a toy cup)	YES	NO

Number of times you checked ‘NO’

If you answered 'NO' to 3 or more questions,
please consider a referral to the Nova Scotia Hearing and Speech Centre nearest you.

How to Make a Referral

A parent/guardian may make a referral to the Nova Scotia Hearing and Speech Centre nearest your community by filling out a referral form or by contacting the nearest centre directly. NSHSC has an open referral policy meaning a doctor's referral is not necessary.

~ These services are available at no cost to Nova Scotia preschool children who have a valid NS Health Card. ~

[Click here](#) to find a centre near you

Toll Free: 1-888-780-3330

 *Pour communiquer avec quelqu'un en français, s.v.p. appelez le (902) 464-5001.*