





# A Checklist for a Sound Start

## By 18 months of age . . .







- |   |     |    |
|---|-----|----|
|  My child uses at least 20 words consistently                                      | YES | NO |
|  My child can follow directions like “give Mama the diaper” or “go get your shoes” | 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)

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 My child responds with words or gestures when I ask him/her a simple question like “Where’s daddy?”	YES	NO
 My child pretends with toys ( <i>e.g., stirs a toy spoon in a cup, drives a toy car, gives Teddy a drink</i> )	YES	NO
 My child makes at least 4 of these speech sounds: b, p, m, n, d, g, w, h	YES	NO
 My child can point to 5 or 6 body parts like “nose, feet, hands, head” when I ask him/her	YES	NO
 My child knows what is going to happen if I say “lunch time” or “bath time”	YES	NO
 To ask for things, my child looks at me and uses a gesture along with a sound or word	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.*