











# A Checklist for a Sound Start

## By 6 months of age . . .

- |   |     |    |
|---|-----|----|
|  My child looks at me and makes eye contact when I talk to him/her | YES | NO |
|  My child turns his/her head toward voices and interesting sounds  | 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.

 My child babbles for attention and uses speech-like sounds including “p, b, m”	YES	NO
 My child’s babbling has sounds like p, b, m ( <i>pa, ba, ma</i> )	YES	NO
 My child makes happy gurgling and cooing noises when he/she is by himself/herself	YES	NO
 My child tries to imitate a cough or other sounds like “ah” or “ba”	YES	NO
 My child recognizes my voice and settles when I talk to him/her	YES	NO
 My child smiles and laughs when I play social games with him/her like “peek-a-boo” or “itsy bitsy spider”	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.*