

COMMUNICATION & HEARING MILESTONES: BIRTH TO 5 YEARS



Every child grows and develops at their own pace, and it is important for parents to remember that communication and hearing milestones are guidelines, not strict rules.

While some children may start talking or responding to sounds earlier, others may take a little longer, and this can still be normal.

This milestone guide (available in English, Afrikaans, and isiZulu) highlights common stages of communication and hearing development from birth to 5 years, helping parents understand what to expect while also knowing when to seek professional support if needed.

0–6 MONTHS

- ☐ Reacts to sounds (startles, quiets when hearing familiar voice)
- ☐ Makes cooing sounds, different cries for different needs

6–12 MONTHS

- ☐ Turns head to sounds, babbles (ba-ba, da-da)
- ☐ Responds to name, understands simple words like “no”

1–2 YEARS

- ☐ Says first words (mama, ball, bye-bye)
- ☐ Follows simple instructions (e.g., “come here”)
- ☐ Points to objects or pictures when named

2–3 YEARS

- ☐ Uses 2–3 word phrases (“more juice”, “go outside”)
- ☐ Understands simple questions
- ☐ Names common objects and people

3–4 YEARS

- ☐ Talks in longer sentences (4+ words)
- ☐ Tells short stories or ideas
- ☐ Speech is mostly clear to familiar adults

4–5 YEARS

- ☐ Speaks in full sentences and answers questions
- ☐ Uses future tense and understands basic time concepts
- ☐ Speech is clear and understood by most people

When to Seek Help

Child does not respond to sound or voice by 6 months

No words by 18 months

Not combining words by 2.5 years

Any loss of speech or hearing skills

Hard to understand even by 4 years

If you are concerned about your child’s development, contact a speech-language therapist or audiologist



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KOMMUNIKASIE- EN HOOR-MYLPALE: GEBOORTE TOT 5 JAAR



Elke kind groei en ontwikkel in sy of haar eie tempo, en dit is belangrik dat ouers onthou dat kommunikasie- en hoor-mylpale slegs riglyne is, nie streng reëls nie. Terwyl sommige kinders vroeër begin praat of op klanke reageer, neem dit vir ander 'n bietjie langer — en dit kan steeds normaal wees.

Hierdie mylpaalgids (beskikbaar in Engels, Afrikaans en isiZulu) beklemtoon algemene stadia van kommunikasie- en hoorontwikkeling vanaf geboorte tot 5 jaar en help ouers om te verstaan wat om te verwag, terwyl hulle ook weet wanneer om professionele ondersteuning te soek indien nodig.

0–6 MAANDE

- ☐ Reageer op klanke (skrik, raak stil wanneer hy/sy 'n bekende stem hoor)
- ☐ Maak koergeluide, verskillende huiltjies vir verskillende behoeftes

6–12 MAANDE

- ☐ Draai kop na geluide, babel (ba-ba, da-da)
- ☐ Reageer op sy/haar naam, verstaan eenvoudige woorde soos “nee”
- ☐ Probeer geluide nadoen

1–2 JAAR

- ☐ Sê eerste woorde (mama, bal, tata)
- ☐ Volg eenvoudige opdragte (bv. “kom hier”)
- ☐ Wys na voorwerpe of prente as dit benoem word

2–3 JAAR

- ☐ Gebruik 2–3 woord frases (“meer sap”, “gaan buite”)
- ☐ Verstaan eenvoudige vrae
- ☐ Noem algemene voorwerpe en mense se name

3–4 JAAR

- ☐ Praat in langer sinne (4+ woorde)
- ☐ Vertel kort stories of idees
- ☐ Spraak is meestal duidelik vir bekende volwassenes

4–5 JAAR

- ☐ Praat in volledige sinne en beantwoord vrae
- ☐ Gebruik toekomstige tyd en verstaan basiese tydbegrippe
- ☐ Spraak is duidelik en verstaanbaar vir meeste mense

Wanneer om Hulp te Soek

Reageer nie op geluide of stemme teen 6 maande nie
Geen woorde teen 18 maande nie
Nie kombineer van woorde teen 2.5 jaar nie
Enige verlies van spraak- of hoorvaardighede
Moeilik om te verstaan teen 4 jaar

As jy bekommerd is oor jou kind se ontwikkeling, kontak 'n spraak-taalterapeut of oudioloog.



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AMAZINGA OKUKHULA EKUKHULUMENI NASEKUZWENI: UKUZALWA KUZE KUBE IMINYAKA EMI-5



Wonke umntwana ukhula futhi athuthuke ngesivini sakhe, futhi kubalulekile ukuthi abazali bakhumbule ukuthi amazinga okukhula ekukhulumeni nasekuzweni imisindo ayizinkomba kuphela, hhayi imithetho eqinile. Ngenkathi abanye izingane beqala ukukhuluma noma ukuphendula imisindo kusenekhathi, abanye bathatha isikhathi eside kancane — futhi lokho kungaba okujwayelekile.

Lo mhlahlandlela wamazanga (otholakala ngesiNgisi, isiBhunu nesiZulu) ugqamisa izigaba ezivamile zokuthuthuka ekukhulumeni nasekuzweni imisindo kusukela ekuzalweni kuze kube yiminyaka emi-5, futhi usize abazali baqonde lokho abangakulindela, kanti futhi bazi lapho kufanele bafune usizo lochwepheshe uma kudingeka.

0–6 IZINYANGA

- ☐ Uyaphendula ezinzwaneni (uyamangala noma uyathula lapho ezwa izwi elijwayelekile)
- ☐ Ukipha imisindo yokukhala noma ukukhononda ehlukene

6–12 IZINYANGA

- ☐ Ujika ikhanda uma ezwa umsindo, uyazamazama (ba-ba, da-da)
- ☐ Uphendula ebizweni, uyaqonda amagama alula afana no “cha”
- ☐ Uzama ukulingisa imisindo

1–2 IMINYAKA

- ☐ Ukuluma amazwi okuqala (mama, ibhola, hamba kahle)
- ☐ Uyalandela imiyalelo elula (isb. “woza la”) Ukhomba izinto noma izithombe uma zishiwo

2–3 IMINYAKA

- ☐ Ukusebenzisa imishwana engu-2 kuya ku-3 (“ufuna ijusi”, “phuma ngaphandle”)
- ☐ Uyaqonda imibuzo elula Ubiza izinto ezivamile nabantu

3–4 IMINYAKA

- ☐ Ukuluma imisho emide (amazwi angaphezu kwe-4)
- ☐ Uxoxa izindaba ezimfushane noma imibono
- ☐ Inkulumo yakhe icacile kubantu abadala abamjwayele

4–5 IMINYAKA

- ☐ Ukuluma ngemisho ephela futhi uyaphendula imibuzo
- ☐ Usebenzisa isikhathi esizayo futhi uyaqonda isikhathi esilula
- ☐ Inkulumo yakhe icacile futhi iyazwakala kubantu abaningi

Uma Kufanele Ufune Usizo

Umntwana akaphenduli ezinzwaneni noma ezwini kuze kube ngu-6 izinyanga
Akakhulumi mazwi kuze kube ngu-18 izinyanga
Akaxubani amagama kuze kube ngu-2.5 iminyaka
Ukulahlekelwa yimikhuba yokukhuluma noma ukuzwa
Kunzima ukumqonda ngisho nasebamdaleni eneminyaka emi-4

Uma ukhathazekile ngentuthuko yomntwana wakho, xhumana nochwepheshe wokukhuluma noma audiologist.



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