

# Supporting Language & Literacy

## 30 Months: Follow Their Lead

Build a love for learning, language, and literacy by engaging in their interests. If they love vehicles, help them explore the topic with books, stories, play, and safe experiences. Following their lead strengthens your bond with them, helps them develop their own interests, and lets them be creative.

### TIPS & ACTIVITIES



#### Family Meals

Enjoy each other's company and avoid screen time during meals.

Do simple puzzles together. Talk about each piece as your child puts it in place.



Let your child turn the pages while reading a book.



Create new stories based on the pictures in the book to keep your child's attention. You don't have to read word for word.



Make Reading Fun!  
Read under a makeshift fort with a light.



## Common Language Milestones

Uses “-ing” verbs, such as eating or running. Uses “-ed” verbs, like looked or played

Follows 2-step unrelated directions, like “Give me the ball and go get your coat”

Uses 2–3 word phrases and over 50 words (total across all languages spoken)

At least 50% of speech is understood by the caregiver

Uses words to get your attention, like “look”

Says their name when asked

# Early Detection is Intervention

## Your child is always learning.

As a caregiver, you have an amazing opportunity to guide them on a path to success! If you notice your child is having difficulties with a certain skill, isn't meeting multiple milestones, or if something just doesn't feel quite right, talk with your child's healthcare provider.



### Tips to set you and your child up for success when speaking with their healthcare provider:

Keep a journal.

Write down things that you notice your child doing, or not doing, that cause reason for concern.

Use your resources.

Explore the websites below to find milestone checklists, a list of early warning signs, videos, and more.

Trust your instincts.

You know your child best and you are their best advocate. Don't be afraid to speak up.

#### ADDITIONAL RESOURCES

[Pathways: Communication](#)

[Harvard University: Center on the Developing Child](#)

[Cox Campus](#)

[The Basics](#)

[CDC Milestones](#)