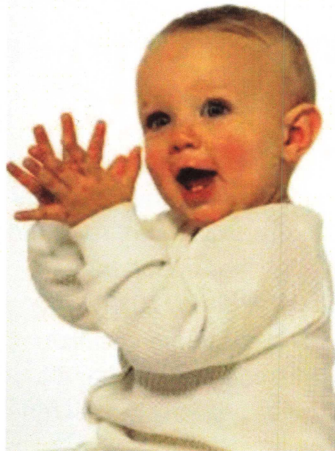


On the Same Page with Children's Development Services

16 Gestures by 16 Months



Gesture use in toddlers is important! Typically, toddlers communicate with gestures before spoken words. The absence of gestures is a significant risk factor for language delay.

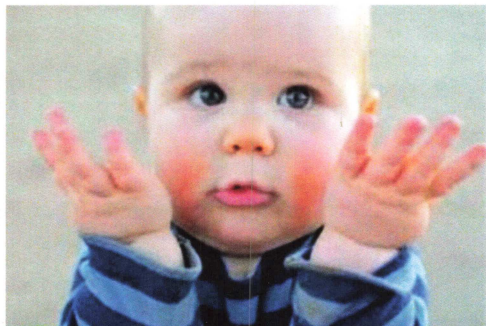
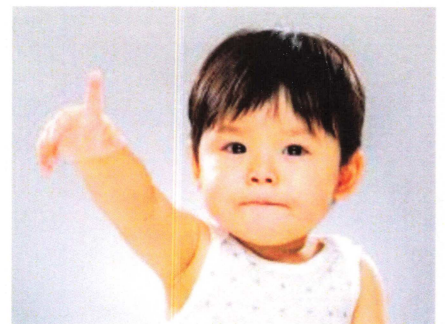
FIRST WORDS® Project from Florida State University www.firstwordsproject.com recently launched their 16 by 16™ Series to raise awareness about the importance of gestures. Research with young children found that the development of gestures from 9 to 16 months predicts language skills 2 years later! A preschooler's language ability predicts academic success!

All children should have **16 gestures by 16 months**. An infant's family and culture may shape the gestures a child learns. 16

gestures by 16 months is the foundation for the well-known vocabulary explosion between

18 and 21 months. When a child gestures with their caregiver, the adult can respond and talk about what the child is focused on.

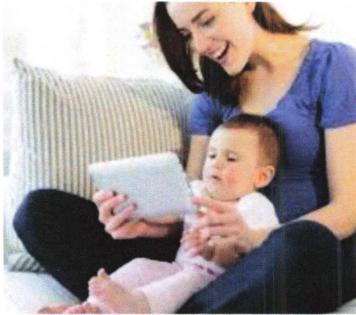
Children typically develop other social communication milestones at the same time as gestures. These important social communication milestones include: eye gaze, facial expression, increased sound and word use, variety in play, and understanding of verbal language. Delays in many social communication milestones may indicate risk for autism or other developmental delays. If you are concerned about your toddler's gesture or social communication use, please make a referral to a Speech Language Pathologist. **Parents can self-refer** by calling the Simcoe County Preschool Speech and Language Program at **705-739-5696** or **1-800-675-1979**. Families can also speak to an Early Learning Professional involved with our *Early Screening Matters* program.



Expected Gesture Use

- 9 Months:** Give, Shake Head
- 10 Months:** Reach, Raise arms
- 11 Months:** Show, Wave
- 12 Months:** Open hand point, Tap
- 13 Months:** Clap, Blow a kiss
- 14 Months:** Index finger point, Shhh gesture
- 15 Months:** Head nod, Thumbs up, Hand up
- 16 Months:** Symbolic gestures like "I dunno", "high 5"

Do electronic toys help or hinder?

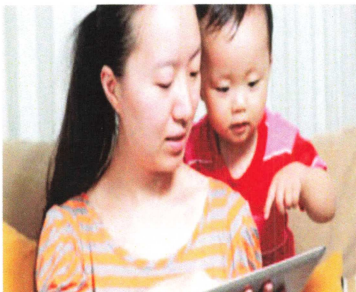


A new study found that the **quality** and **quantity** of parents' interaction with their infants was **affected** by the type of toy they played with.

26 sets of parents of **10-16 month olds** were asked to play with their infant with 3 different sets of toys for 15 minutes, twice a day for three consecutive days. The 3 sets of toys were: *traditional toys* (a farm animal puzzle, a shape sorter, and rubber blocks), *electronic toys* that were marketed as "educational" (baby laptop, a talking farm, and a baby cell phone) and *board books*. Play sessions were recorded and analyzed. The results once again shine a spotlight on the questionable value of electronic media with children under 2.



When parents and infants played with *electronic toys*, critical "serve and return" interactions were decreased. **Parents used fewer words, took fewer conversational turns, and made fewer responses** than when they played with *traditional toys* and *board books*. The researcher reported that "parents tend to let the toys do the talking for them when their child is interacting with electronic toys" (Sosa, 2015). Another interesting finding was that the infants also had **fewer speech-like vocalizations during play with electronic toys** than during play with *traditional toys* and *board books*. So it wasn't just the parents' interaction that was negatively affected by play with *electronic toys*.

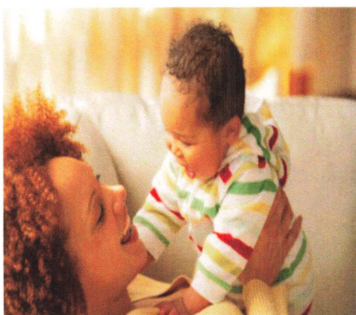


Worthy of note was the finding that **parents and infants talked the most during play with board books** highlighting the value of reading with infants.

Study after study has highlighted that what really matters for language development during infancy is social engagement.

You are your infant's best toy! Connect with your infant by:

- getting face to face
- talking
- playing together
- singing and saying nursery rhymes
- reading
- responding to smiles and vocalizations
- copying actions and sounds
- encouraging your infant to **take turns** with you by waiting expectantly



Sosa, A.V. (2015). Association of the Type of Toy Used During Play With the Quantity and Quality of Parent-Infant Communication. *JAMA Pediatrics*, 170(2), 132-138. Stein, T. (2016) The Impact of Toy Type on Interaction. www.hanen.org

"Serve and return interactions shape brain architecture. When an infant or young child babbles, gestures, or cries, and an adult responds appropriately with eye contact, words, or a hug, neural connections are built and strengthened in the child's brain that support the development of communication and social skills". See "The Science of Early Childhood Development" at the Centre on the Developing Child/Harvard University. www.developingchild.harvard.edu/science/key-concepts/serve-and-return/

Excellent New Online Autism Resources

www.autismnavigator.com



[Return to Autism Navigator](#)

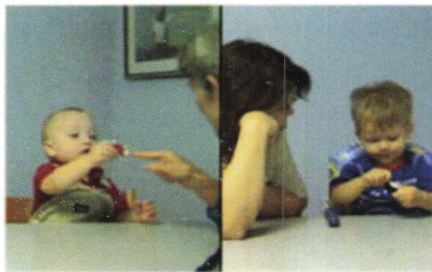
Welcome Laretta [Sign out](#)



About Autism in Toddlers

Start here to learn about the early signs of autism with video clips of over a dozen toddlers with ASD at 18-24 months of age and see early intervention in action.

GET STARTED



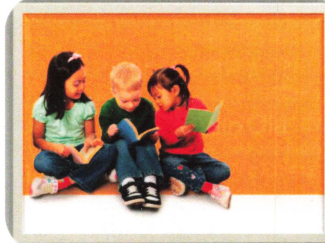
ASD Video Glossary

For families and professionals who wish to **learn more** about the early signs of autism in toddlers. Uses side-by-side video clips showing behaviors that are typical in contrast with those that are red flags for autism.

GET STARTED

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Recommended Resources for Dual Language Learners



When children speak more than one language is available in English, French, and 8 other languages from www.beststart.org



Why Play available in English, French and 11 other languages from www.welcomehere.ca

If you want your children to succeed, then **Hold On**



Hold On to your Home Language is available in English, French and 19 other languages from www.mylanguage.ca



www.firstwords.ca/parents/resources/multilingual-resources/ contains a number of resources in a multitude of languages.

The Simcoe County Preschool Speech and Language Program serves preschool children and their families.

We serve children:

- who live in Simcoe County
- from birth until school entry

Parents can self refer by calling:

Central Intake:

705-739-5696 or Toll Free: 1-800-675-1979

If you have a child waiting for an early intervention assessment, please visit, www.earlyintervention.simcoe.ca and watch,

"10 Things to do while you are waiting for Early Intervention Services".

Services are free!

C O M M U N I C A T I O N

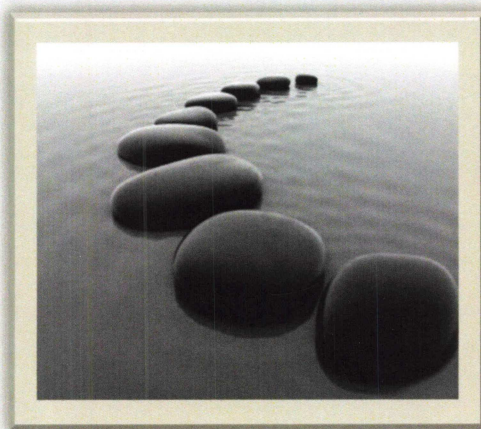


May is Better Speech, Language & Hearing Month

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Parent Module Coming Soon...

Your next steps with Early Intervention



Simcoe County Early Intervention Services is excited to be launching its very first module for parents. This module was designed for parents whose child has been referred to any early intervention service (Infant Development, Resource Teacher, Occupational Therapy, Speech Language Pathology or Physiotherapy).

When a child is referred for an early intervention service, parents often have questions about what the services are, what will happen next and what they can do while they are waiting. This module was designed to answer these questions. Stay tuned for more details!