

My First Words

Every new word is worth celebrating!

Look! More!

CHILD'S NAME _____

START DATE _____

Write each new word and the date you first heard it. Words can go in any category that makes sense to you!



People

Try: mama, dada, baby, grandma

WORD

DATE HEARD



Food & Drink

Try: milk, more, banana, water

WORD

DATE HEARD



Animals

Try: dog, cat, duck, cow

WORD

DATE HEARD



Toys & Objects

Try: ball, book, car, cup

WORD

DATE HEARD



Actions

Try: go, up, eat, open

WORD

DATE HEARD

Hi!

Everyday Words

Try: hi, bye, no, yes, uh-oh

WORD

DATE HEARD

A gentle note for grown-ups

Many toddlers say a first word around their first birthday and keep adding words over time. Children grow at different rates. If your child is not using words yet, has stopped using words, or you have questions, reaching out early is always okay.

Circle a favorite word! ★