

# Top 20 Baby First Words

*How to Encourage Early Speech at Home*  
*By a Speech-Language Pathologist*

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## What Are First Words?

First words are **simple, meaningful words** babies use on purpose to communicate. These words often name people, objects, or actions your baby sees every day.

Most babies say their first words between **10 and 14 months**, though a wide range of development is normal. Understanding words usually comes before saying them.

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## The Top 20 Baby First Words

Mama · Dada · Ball · Bye-bye · Hi · Dog · Cat · Baby · No · More · Up · All done · Milk · Car · Book · Shoe · Hat · Eat · Go · Wow

Every child is different, and not all babies use the same first words.

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## How to Encourage First Words

- Follow your baby's lead during play
- Use short, clear words and repeat them often
- Talk about what your baby sees and does
- Pause after speaking and wait
- Read simple picture books together daily

Everyday routines like meals, bath time, and play are powerful learning moments.

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## When to Consider Extra Support

You may want to talk with a speech-language pathologist if your child:

- Is not using words by **15–18 months**
- Has trouble understanding simple language
- Shows little interest in communication

Early support can help and is often playful and family-centered.

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## **One Take-Home Tip**

**Your voice and attention matter most.**

Talk slowly, repeat often, and enjoy the connection.

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*This guide is for educational purposes and does not replace an individual evaluation.*

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