





## A Checklist for a Sound Start By 36 months (3 years) of age...







- |   |     |    |
|---|-----|----|
|  People outside the family understand my child about 75% of the time | YES | NO |
|  My child asks me simple questions                                   | YES | NO |

Number of times you checked 'NO'

If you answered 'NO' to one or both questions,  
please consider a referral to the Nova Scotia Hearing and Speech Centre nearest you.

(Scroll for the next page)

(Scroll to page 3)

 My child uses sentences with 5 or more words	YES	NO
 My child tolerates changes in routine without too much fuss	YES	NO
 My child pronounces the sounds at the beginning and end of words ( <i>both the “m” and the “t” in “mat”</i> )	YES	NO
 My child likes a variety of different toys and activities	YES	NO
 My child uses words like “can, do, will” ( <i>If my child speaks French, he/she uses ‘le/la’ and ‘un/une’ correctly most of the time</i> )	YES	NO
 My child talks about things that happened in the past - going to Grandma’s house, something that happened at daycare	YES	NO

Number of times you checked ‘NO’

If you answered 'NO' to 3 or more questions,  
please consider a referral to the Nova Scotia Hearing and Speech Centre nearest you.

# How to Make a Referral

A parent/guardian may make a referral to the Nova Scotia Hearing and Speech Centre nearest your community by filling out a referral form or by contacting the nearest centre directly. NSHSC has an open referral policy meaning a doctor's referral is not necessary.

~ These services are available at no cost to Nova Scotia preschool children who have a valid NS Health Card. ~

[Click here](#) to find a centre near you

Toll Free: 1-888-780-3330

 *Pour communiquer avec quelqu'un en français, s.v.p. appelez le (902) 464-5001.*