



Babbling and a Baby's Language Development

Babbling is one of the many ways that a baby communicates with you. Babies typically start to babble sounds like “bababa” and “dadada” when they are 3 to 6 months old.



Your child’s speech and language will change a lot over time, and [understanding milestones in communication and language](#) can help you watch how your child develops. It is helpful to start watching for these milestones early and look ahead to see what comes next in development.

How to help a child reach communication and language milestones

Responding to your baby is one of the best ways to help him develop communication skills. He wants to be heard, and this shows you are listening. If he coos and babbles, coo and babble back. Talk, sing, read and rhyme.

You can’t talk too much to your child. Repeating words and sounds are good, because babies need to hear sounds over and over to learn language. Read books, point out landmarks when you’re driving in the car, and explain what you’re doing throughout the day.

Many parents soften their voices, using a higher pitch and adding a singsong rhythm as they speak to their baby. This is often called parentese, and helps your child focus on your voice. As your child grows and begins to better understand you, you’ll notice you naturally start to use your normal voice while reading or talking to her.

[Early communication and language developmental milestones](#) are very important. If you have concern about your baby’s progress, don’t hesitate to contact your health care provider or refer your child through Help Me Grow.