

5 Signs Your Toddler May Need a Speech Therapist

Sosalin Communication Services



Most toddlers develop language at their own pace — but there are some key signs that early support could make a real difference. Here's what to look out for between 18 months and 3 years.

Why Early Intervention Matters

Research consistently shows that early speech and language therapy leads to significantly better outcomes. The brain is most “plastic” — most open to learning — in the first few years of life. If a child is struggling with communication, the sooner support begins, the better.

5 Signs to Watch For

- 1. Limited vocabulary for their age.** By 18 months, most children say at least 10 words. By 2 years, they should have around 50 words and be starting to put two words together (e.g. “more milk”, “daddy go”).
- 2. Not combining words by age 2.** Two-word combinations are a key milestone. If your 2-year-old is still mainly using single words, this is worth discussing with a speech and language therapist.
- 3. Difficulty being understood.** By age 2, familiar adults should understand about 50% of what a child says, rising to around 75% by age 3.
- 4. Frustration when communicating.** Frequent frustration or withdrawal when they can't make themselves understood is a sign that communication is challenging for them.
- 5. Not following simple instructions.** By 18 months, children should follow simple one-step instructions; by 2 years, two-step instructions. Difficulty with this can indicate a language delay.

What to Do Next

If you recognise any of these signs, please get in touch — an early assessment can put your mind at ease or connect your child with the right support, right away.

Get in Touch

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