

First Words  
**help**



help

Ideas for when to use this word:

- Daily Activities: use help when getting dressed.
- Daily Activities: during snacks and meals, ex. peeling banana, cutting foods.
- Daily Activities: opening food packages or containers.
- Daily Activities: getting items out of reach.
- Play: wind-up toys, pull back cars, blowing up a balloon.
- Going Out: when opening doors.

Notes:

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First Words  
**open**



open

Ideas for when to use this word:

- Daily Activities: opening food packages or containers.
- Daily Activities: opening doors, windows, cabinets and drawers.
- Daily Activities: taking tops of milk, juice, toothpaste etc.
- Play: doors and flaps on toys.
- Books: when opening book and lifting flaps.
- Going out: when opening doors

Notes:

Early Intervention  
**50 First Words**

# 50

# First Words

**First Words**  
**help**

Ideas for when to use this word:

- Daily Activities: use help when getting dressed.
- Daily Activities: during snacks and meals, ex. peeling banana, cutting foods.
- Daily Activities: opening food packages or containers.
- Daily Activities: getting items out reach.
- Play: wind-up toys, pull back cars,

**First Words**  
**stop**

Ideas for when to use this word:

**stop**

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**First Words**  
**eat**

Ideas for when to use this word:

- Daily Activities: use eat during snacks and meals.
- Play: pretend play with dolls, stuffed animals, puppets, plastic animals, favorite characters.
- Books: find pictures of people and animals eating.
- Comment when you see people eating on TV or in movies.

Notes:

**eat**

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## Speech and Language Handouts for Parents

Lia Kurtin M.S., CCC-SLP  
Speech-Language Pathologist

Speech and Language  
**at Home**

# 50 First Words

This set of handouts has 25 pages of 50 first words. They include a picture of the word in sign language and ideas for how to use it at home.

The words chosen were selected from research and the author's experience working with children.

These are simply suggested words. They were designed as a starting place to build a child's vocabulary.

Children's first words will differ based on their environment and unique interests.

Family names, favorite toys and pets are often some of the first words a child will say.

Your child's first 50 words will likely have some that are not on this list.

## **How to use 50 First Words.**

Chose a small set of words to work on at a time. This may be 1-2 or 3-5 depending on your child.

When helping a child learn their first words:

- Get their attention
- Repeat the word often
- Use short sentences
- Practice the word in different activities
- Use a visual such as an object, picture or sign language

**And have FUN!**

# 50 First Words

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| <input type="checkbox"/> Mom    | <input type="checkbox"/> Banana    | <input type="checkbox"/> |
| <input type="checkbox"/> Dad    | <input type="checkbox"/> Cereal    | <input type="checkbox"/> |
| <input type="checkbox"/> Eat    | <input type="checkbox"/> Book      | <input type="checkbox"/> |
| <input type="checkbox"/> Drink  | <input type="checkbox"/> Ball      | <input type="checkbox"/> |
| <input type="checkbox"/> More   | <input type="checkbox"/> Bubbles   | <input type="checkbox"/> |
| <input type="checkbox"/> Done   | <input type="checkbox"/> Tree      | <input type="checkbox"/> |
| <input type="checkbox"/> Stop   | <input type="checkbox"/> Sun       | <input type="checkbox"/> |
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| <input type="checkbox"/> Play   | <input type="checkbox"/> Down      | <input type="checkbox"/> |
| <input type="checkbox"/> Jump   | <input type="checkbox"/> Please    | <input type="checkbox"/> |
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| <input type="checkbox"/> Cow    | <input type="checkbox"/> Me        | <input type="checkbox"/> |
| <input type="checkbox"/> Fish   | <input type="checkbox"/> You       | <input type="checkbox"/> |
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| <input type="checkbox"/> Cat    | <input type="checkbox"/> Bye       | <input type="checkbox"/> |
| <input type="checkbox"/> Dog    | <input type="checkbox"/> Yes       | <input type="checkbox"/> |
| <input type="checkbox"/> Milk   | <input type="checkbox"/> No        | <input type="checkbox"/> |
| <input type="checkbox"/> Cookie | <input type="checkbox"/> Big       | <input type="checkbox"/> |
| <input type="checkbox"/> Water  | <input type="checkbox"/> Little    | <input type="checkbox"/> |
| <input type="checkbox"/> Juice  | <input type="checkbox"/> Car       | <input type="checkbox"/> |
| <input type="checkbox"/> Apple  | <input type="checkbox"/> Bed       | <input type="checkbox"/> |

# 50 First Words

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**Words your child is using on their own, not repeated .**

**First Words**

**This weeks words:**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:	Notes:	Notes:	Notes:	Notes:	Notes:	Notes:

**First Words**

**This weeks words:**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:	Notes:	Notes:	Notes:	Notes:	Notes:	Notes:

First Words

**mom**



**mom**

Ideas for when to use this word:

- **Play:** have mom hide, ask “Where’s mom?”. She pops out and you say “There’s mom!”.
- **Life Skills:** when sorting laundry label clothes that belong to mom ex. Mom’s sock, Mom’s shirt.
- **Books:** find pictures of mom in photo albums.
- **Books:** show your child all the moms and mama animals in books.

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First Words

**dad**



**dad**

Ideas for when to use this word:

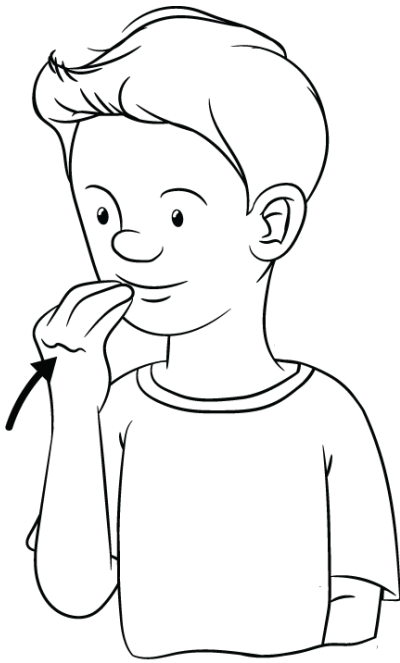
- **Play:** have mom hide, ask “Where’s dad?”. He pops out and you say “There’s dad!”.
- **Life Skills:** when sorting laundry label clothes that belong to dad, ex. Dad’s sock, Dad’s shirt.
- **Books:** find pictures of dad in photo albums.
- **Books:** show your child all the dads and dada animals in books.

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First Words

**eat**



*eat*

Ideas for when to use this word:

- **Daily Activities:** use eat during snacks and meals.
- **Play:** pretend play with dolls, stuffed animals, puppets, plastic animals, favorite characters.
- **Books:** find pictures of people and animals eating.
- **Comment** when you see people eating on TV or in movies.

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First Words

**drink**



*drink*

Ideas for when to use this word:

- **Daily Activities:** use drink during snacks and meals.
- **Play:** pretend play with dolls, stuffed animals, puppets, plastic animals, favorite characters.
- **Books:** find pictures of people and animals drinking.
- **Comment** when you see people drinking on TV or in movies.

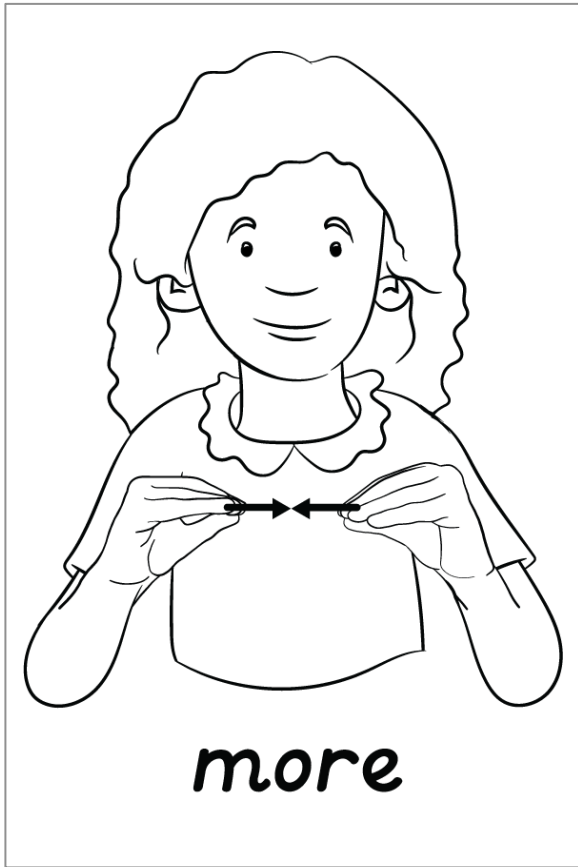
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First Words

**more**



Ideas for when to use this word:

- **Daily Activities:** ask for more during snacks and meals.
- **Play:** request more bubbles, wind-up toys or blowing up balloons.
- **Play:** when playing tickle or blowing raspberries on tummy.
- **Going Out:** ask for more when playing on the swings.

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First Words

**done**



Ideas for when to use this word:

- **Daily Activities:** use after snacks and meals.
- **Daily Activities:** after a diaper change, taking a bath or washing hands.
- **Books:** at the end of a story.
- **Life Skills:** during cleanup when putting away toys.
- **Going Out:** when leaving, ex. "All done park", "All done doctor", "All done library".

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First Words

**stop**



**stop**

Ideas for when to use this word:

- Play: yell “stop!” when chase/tag.
- Play: have toy cars, trucks, trains or other vehicles stop and go.
- Daily Activities: during bath time when splashing in the water.
- Daily Activities: tell your child “stop” if they are doing something they are not suppose to.
- Going Out: in the car when you stop.

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First Words

**go**



**go**

Ideas for when to use this word:

- Play: running, “Ready, set.... GO!”
- Play: have toy cars, trucks, trains or other vehicles stop and go.
- Play: passing a ball back and forth.
- Play: on the playground. Hold them and pause at the top of the slide or swings and encourage them to say “go” before letting go.
- Going Out: in the car when you start to go.

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First Words

**help**



*help*

Ideas for when to use this word:

- Daily Activities: use help when getting dressed.
- Daily Activities: during snacks and meals, ex. peeling banana, cutting foods.
- Daily Activities: opening food packages or containers.
- Daily Activities: getting items out of reach.
- Play: wind-up toys, pull back cars, blowing up a balloon.
- Going Out: when opening doors.

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First Words

**open**



*open*

Ideas for when to use this word:

- Daily Activities: opening food packages or containers.
- Daily Activities: opening doors, windows, cabinets and drawers.
- Daily Activities: taking tops of milk, juice, toothpaste etc.
- Play: doors and flaps on toys.
- Books: when opening book and lifting flaps.
- Going out: when opening doors.

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First Words

**walk**



*walk*

Ideas for when to use this word:

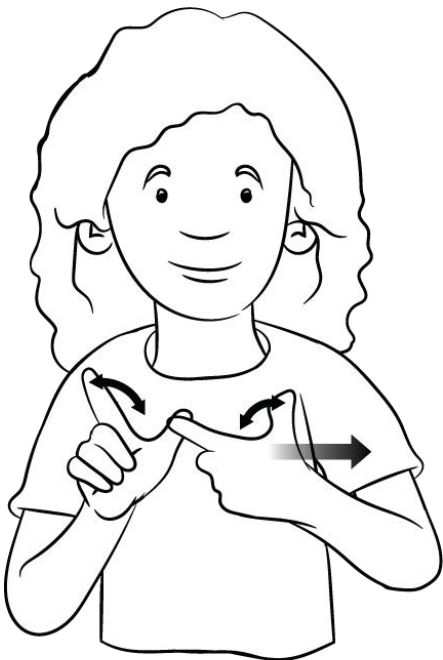
- **Daily Activities:** when your child is walking.
- **Play:** pretend play with dolls, stuffed animals, puppets, plastic animals, favorite characters.
- **Books:** find pictures of people and animals walking.
- **Going Out:** point out people and animals out for a walk.

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First Words

**run**



*run*

Ideas for when to use this word:

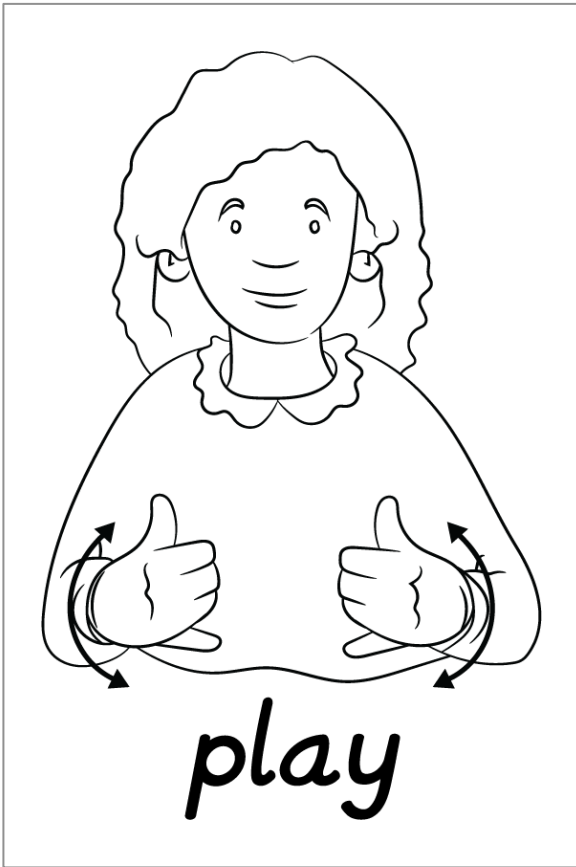
- **Daily Activities:** when your child is running.
- **Play:** pretend play with dolls, stuffed animals, puppets, plastic animals, favorite characters.
- **Books:** find pictures of people and animals running.
- **Going Out:** point out kids running at the park.

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First Words

# play



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Ideas for when to use this word:

- **Play:** ask your child “Want to play?”
- **Daily Activities:** use the word “play” with pets, ex. “Let’s play with \_\_\_”.
- **Books:** show your child pictures of characters playing.
- **Going Out:** comment on kids playing at the park, ex. “playing soccer”.

Notes:

First Words

# jump



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Ideas for when to use this word:

- **Play:** dance and jump to music.
- **Play:** set up an obstacle course and jump over objects like pillows.
- **Daily Activities:** comment when a pet jumps off furniture.
- **Going Out:** run and jump outside.
- **Going Out:** jump off playground equipment.

Notes:

First Words

# baby



Ideas for when to use this word:

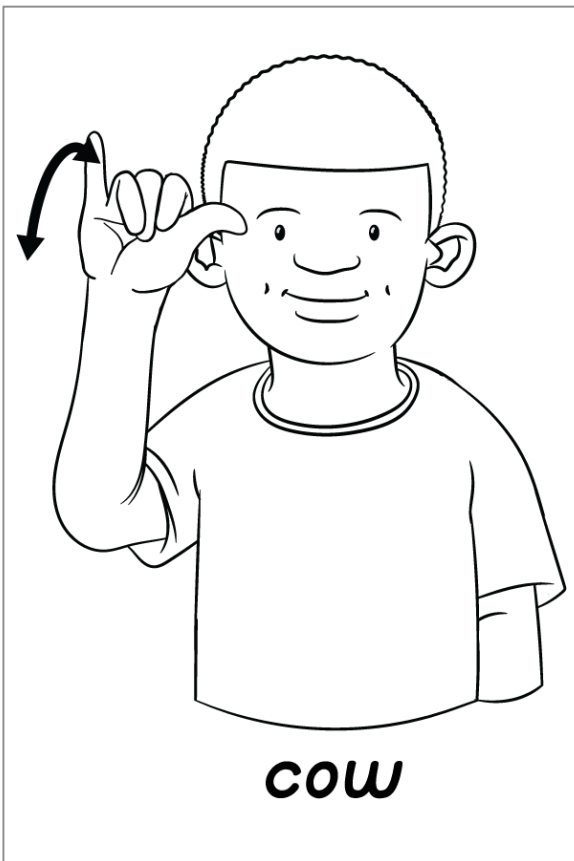
- **Play:** pretend play with dolls, stuffed animals, puppets, plastic animals, favorite characters.
- **Books:** point to your child in baby pictures.
- **Books:** show your child all the babies and baby animals in books.
- **Songs:** sing *Rock-a-bye Baby*.
- **Going Out:** comment when you see a baby, "Look, baby".

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First Words

# COW



Ideas for when to use this word:

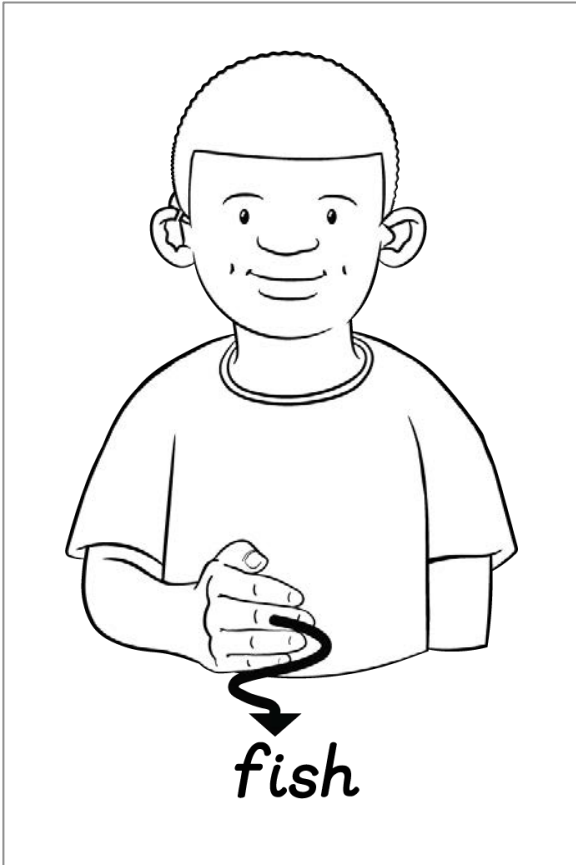
- **Daily Activities:** look for pictures of cows on milk or yogurt containers.
- **Play:** play with toy farm animals, puppets and stuffed animals
- **Books:** read books about farms (both picture books and non-fiction)
- **Songs:** sing *Old MacDonald Had a Farm*.
- **Going Out:** visit a farm in your area.

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First Words

# fish



Ideas for when to use this word:

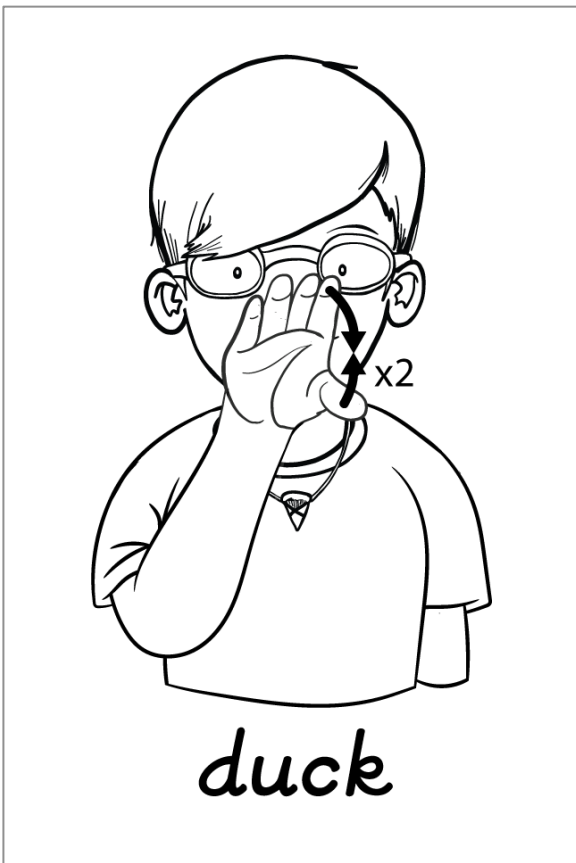
- Daily Activities: play with fish in the bathtub or pool.
- Daily Activities: look for pictures of fish on crackers boxes, fish stick etc.
- Play: play *Go Fish*.
- Books: read books about fish (both picture books and non-fiction).
- Going Out: visit an aquarium or zoo.

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First Words

# duck



Ideas for when to use this word:

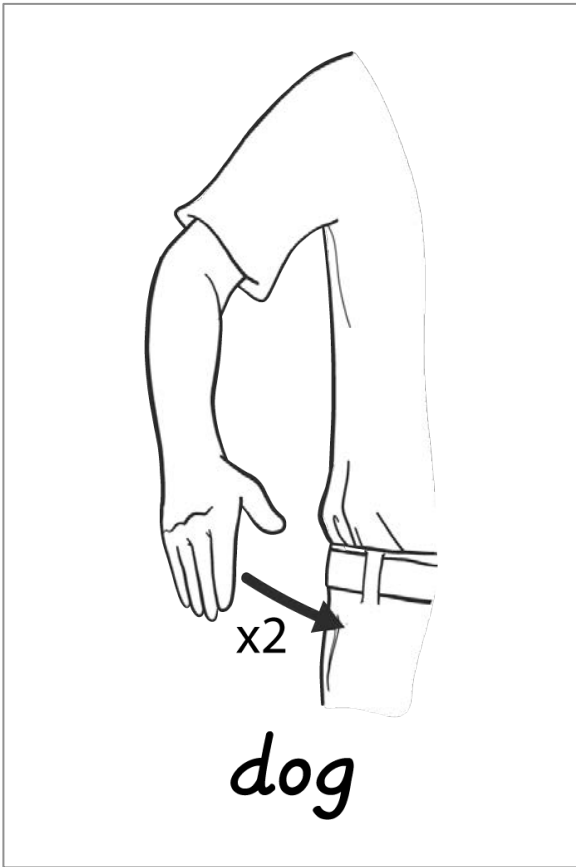
- Daily Activities: play with rubber ducks in the bathtub or pool.
- Play: play with toy farm animals, puppets and stuffed animals.
- Books: read books about farms (both picture books and non-fiction).
- Songs: sing *Old MacDonald Had a Farm*.
- Going Out: look for ducks at the park and zoo.

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First Words

**dog**



Ideas for when to use this word:

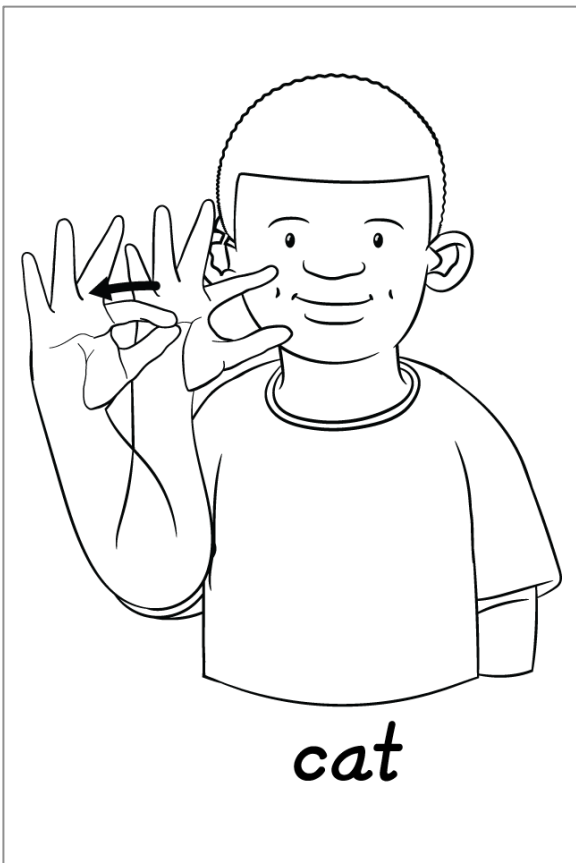
- Play: play with toy animals, puppets and stuffed animals.
- Play: pretend to be dogs, ex. eat, drink, bark and do tricks.
- Books: read books about dogs (both picture books and non-fiction).
- Songs: sing *Bingo* and *Old MacDonald Had a Farm*.
- Going Out: look for dogs in your neighborhood.

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First Words

**cat**



Ideas for when to use this word:

- Play: play with toy animals, puppets and stuffed animals.
- Play: pretend to be cats, ex. eat, drink, bark and purr.
- Books: read books about cats (both picture books and non-fiction).
- Songs: sing *Old MacDonald Had a Farm*.
- Going Out: look for cats in your neighborhood.

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First Words

**milk**



Ideas for when to use this word:

- **Daily Activities:** drink milk during snacks and meals.
- **Play:** pretend play with dolls, stuffed animals, puppets, plastic animals, favorite characters.
- **Books:** find pictures of people and animals drinking milk.
- **Comment** when you see people drinking on TV or in movies.

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First Words

**cookie**



Ideas for when to use this word:

- **Life Skills:** make cookies together.
- **Play:** pretend to make and eat cookies with play dough.
- **Play:** have stuffed animals and dolls pretend to eat cookies.
- **Books:** find pictures of cookies in books.
- **Going Out:** look at the cookies in the grocery store or visit a bakery.

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First Words

# water



*water*

Ideas for when to use this word:

- **Daily Activities:** use water during snacks and meals.
- **Daily Activities:** talk about water when washing hands or in the bathtub.
- **Play:** pretend dolls, stuffed animals, puppets, plastic animals, favorite characters are drinking water or playing in water.
- **Books:** look for water in books, ex. ocean or polls.

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First Words

# juice



*juice*

Ideas for when to use this word:

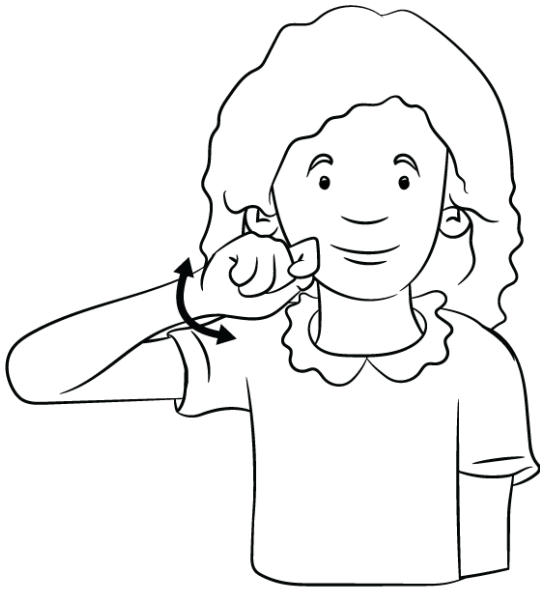
- **Daily Activities:** drink juice during snacks and meals.
- **Play:** pretend play with dolls, stuffed animals, puppets, plastic animals, favorite characters.
- **Books:** find pictures of people and animals drinking juice.
- **Comment** when you see people drinking juice on TV or in movies.

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First Words

# apple



apple

Ideas for when to use this word:

- **Daily Activities:** eat apples during snacks and meals.
- **Play:** have dolls, stuffed animals, puppets, plastic animals, favorite characters eat apples during play.
- **Life Skills:** point to apples on packages when putting away groceries.
- **Books:** read books with apples.  
**Going Out:** find the apples in the grocery store.

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First Words

# banana



banana

Ideas for when to use this word:

- **Daily Activities:** eat banana during snacks and meals.
- **Play:** have dolls, stuffed animals, puppets, plastic animals, favorite characters eat bananas during play.
- **Life Skills:** point to bananas on packages when putting away groceries.
- **Books:** read books with bananas.  
**Going Out:** find the bananas in the grocery store.

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First Words

# cereal



cereal

Ideas for when to use this word:

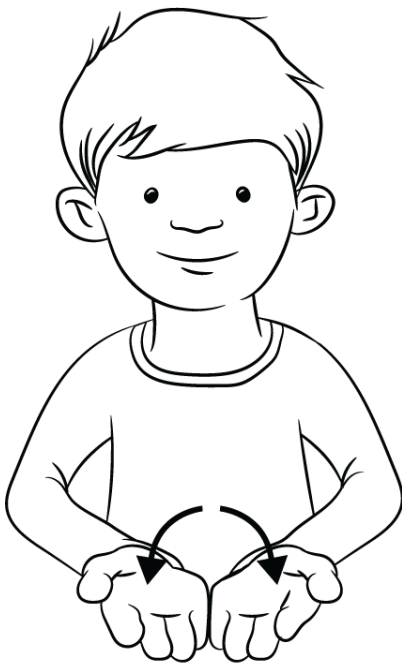
- **Daily Activities:** eat cereal during snacks and meals.
- **Play:** during pretend play with dolls, stuffed animals, puppets, plastic animals, favorite characters.
- **Life Skills:** talk about cereal when putting away groceries.
- **Life Skills:** clean up cereal when it spills.
- **Going Out:** find the cereal in the grocery store.

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First Words

# book



book

Ideas for when to use this word:

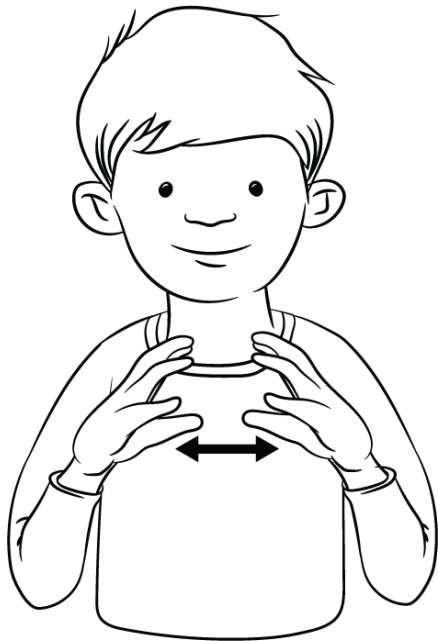
- **Daily Activities:** make reading books part of your bedtime routine.
- **Life Skills:** put books away during clean up.
- **Life Skills:** follow directions, ex. "Get the book".
- **Going Out:** visit the library.

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First Words

# ball



ball

Ideas for when to use this word:

- **Play:** roll, bounce, throw, kick and pass a ball back and forth.
- **Play:** comment on toys with balls ex. ball and hammer, ball poppers etc.
- **Play:** make balls out of play dough.
- **Books:** look for pictures of balls in books.
- **Going Out:** play with a ball at the park.

Notes:

First Words

# bubbles



bubbles

Ideas for when to use this word:

- **Daily Activities:** playing with bubbles in the bathtub.
- **Play:** blow bubbles and pop, stomp and clap them.
- **Daily Activities:** talk about bubbles when washing hands.
- **Life Skills:** make bubbles in the sink and wash dishes together.
- **Going Out:** watch the bubbles as you go through a car wash.

Notes:

First Words

**tree**



**tree**

Ideas for when to use this word:

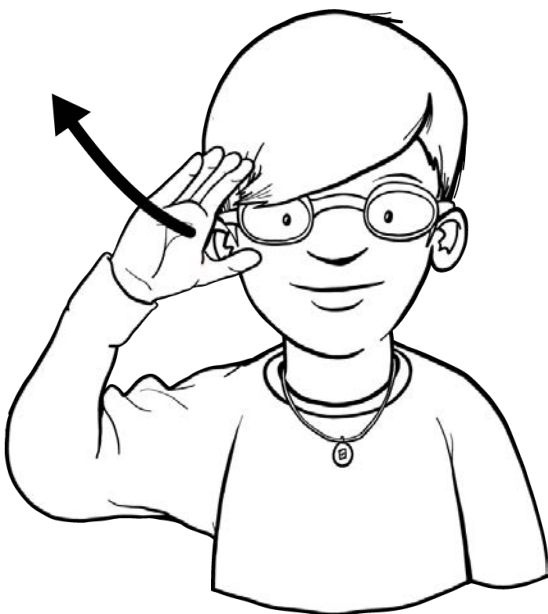
- **Play:** climb a tree.
- **Books:** look for trees in your favorite books.
- **Books:** get a book about seasons and talk about the trees.
- **Going Out:** go for a walk and look for animals in the trees.
- **Going Out:** play hide-and-seek behind trees.

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First Words

**sun**



**sun**

Ideas for when to use this word:

- **Daily Activities:** talk about the sunlight as you clean the windows.
- **Books:** look for the sun in your favorite books.
- **Books:** get a book about the sun.
- **Songs:** Sing *Oh Mr. Sun*.
- **Going Out:** talk about the sun when you are out for a walk.

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First Words

# shoes



Ideas for when to use this word:

- **Daily Activities:** talk about when putting on or taking off shoes
- **Play:** make a game of hiding and finding a shoe.
- **Play:** comment on dolls shoes.
- **Books:** point out shoes in books together.
- **Life Skills:** following directions, ex. "Get your shoes".
- **Going Out:** when shopping walk through the shoe section and talk about the shoes.

Notes:

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First Words

# hot



Ideas for when to use this word:

- **Daily Activities:** talk about hot water when washing hands or taking a bath.
- **Daily Activities:** comment and blow on food that is hot.
- **Life Skills:** show your child home items that may be hot and dangerous. Careful Hot!
- **Books:** point to things that are hot.
- **Going Out:** talk about the hot sun and cool shade at the park.

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## in



in

Ideas for when to use this word:

- **Daily Activities:** when getting dressed ex. put your hand/foot/head in.
- **Play:** put toys in containers, ex. shape sorters and puzzles.
- **Life Skills:** put dirty clothes in the laundry basket or washer.
- **Life Skills:** help put dishes in the dishwasher.
- **Life Skills:** throw garbage in the trash can.
- **Going Out:** getting in the car.

Notes:

## on



on

Ideas for when to use this word:

- **Daily Activities:** getting dressed – put clothes on.
- **Play:** stack blocks.
- **Play:** play dress-ups, put clothes on.
- **Life Skills:** put dishes on the table before eating.
- **Going Out:** put shoes, jacket etc. on before going out.
- **Going Out:** at the park, ex. get on the slide, on the swings, on the ladder.

Notes:



## up



Ideas for when to use this word:

- **Daily Activities:** when child wants to be picked up.
- **Daily Activities:** walk up the stairs.
- **Play:** during play, lift child up into the air.
- **Play:** blow bubbles or throw a ball up high.
- **Play:** when stacking cups or blocks.
- **Going Out:** comment on items up high in the grocery store.

Notes:

## down



Ideas for when to use this word:

- **Daily Activities:** when child wants to be put down.
- **Daily Activities:** walk down the stairs.
- **Play:** during play, tip child upside down.
- **Play:** rolls a ball or car down a ramp.
- **Play:** play *Ring Around the Rosie*.
- **Going Out:** roll down a hill at the park.

Notes:

First Words

# please



*please*

Ideas for when to use this word:

- **Daily Activities:** say “please” during snacks and meals.
- **Play:** before their turn during games.
- **Going Out:** at the park, ex. when asking to be pushed on the swing
- **Going Out:** when ordering at a restaurant.
- **Going Out:** requesting an item from the grocery store.

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First Words

# thank you



*thank (you)*

Ideas for when to use this word:

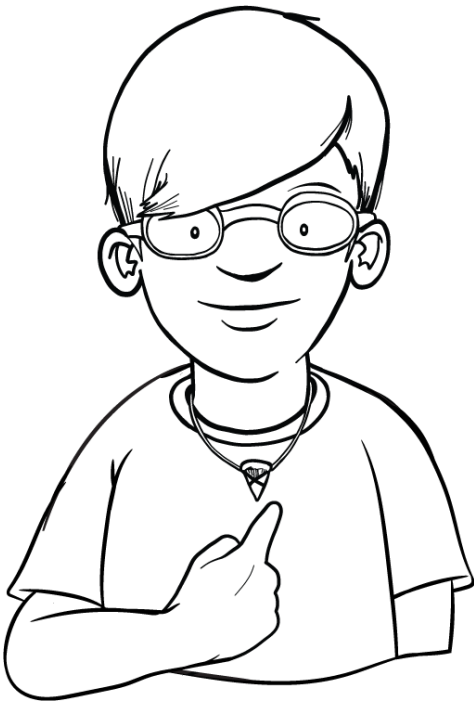
- **Daily Activities:** say “thank you” during snacks and meals.
- **Life Skills:** say “thank you” to the mailman and garbage man.
- **Going Out:** tell a waiter or waitress “thank you” at a restaurant.
- **Going Out:** after someone holds a door open for you.
- **Going Out:** at a library, ex. tell a librarian “thank you” for the books.

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First Words

**me**



**me**

Ideas for when to use me or mine:

- **Daily Activities:** during snacks and meals, ex. “Who would like crackers?”
- **Daily Activities:** in front of a mirror, point and ask “Who’s that?”.
- **Play:** when playing games, ask “Who’s turn is it?”
- **Books:** point to pictures of your child in photo albums, ask “Who’s that?”

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First Words

**you**



**you**

Ideas for when to use your or yours:

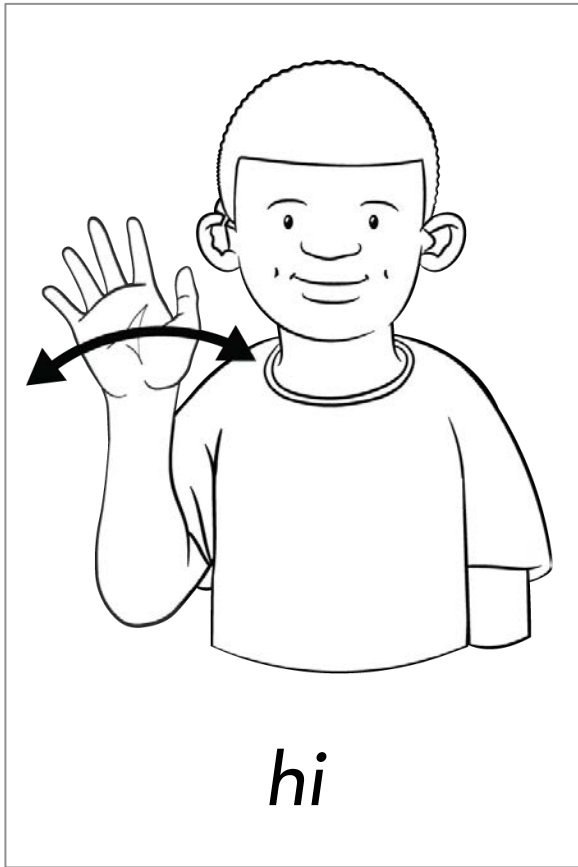
- **Daily Activities:** before going out show them your shoes and ask “Who’s shoes are these?”
- **Daily Activities:** in front of a mirror, point and ask “who’s this?”.
- **Play:** when playing games, ask “Who’s turn is it?”
- **Books:** point to pictures of yourself in photo albums, ask “Who’s this?”

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First Words

hi



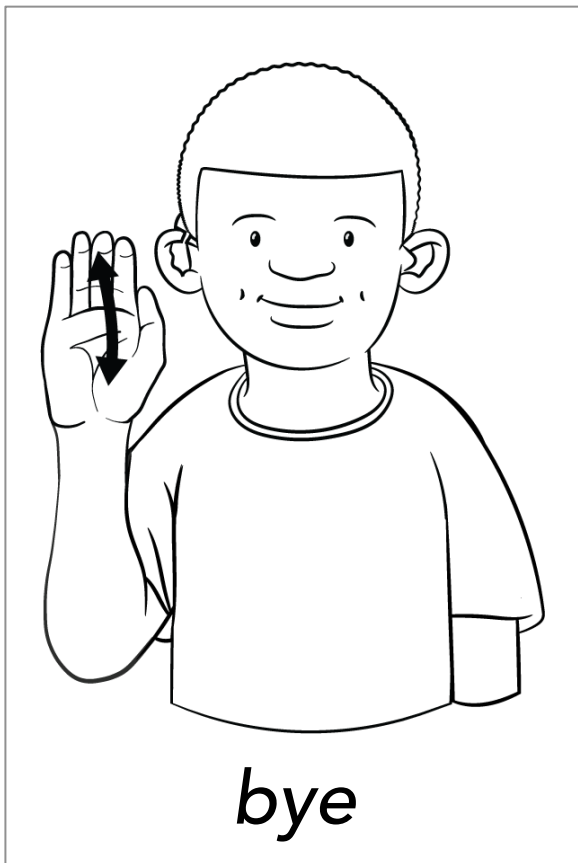
Ideas for when to use this word:

- **Daily Activities:** greeting people who come over.
- **Play:** pretend play with dolls, stuffed animals, puppets, plastic animals, favorite characters.
- **Life Skills:** saying “hi” to the mailman or garbage man
- **Going Out:** saying “hi” to people you know in your community, ex. Librarian.

Notes:

First Words

bye



Ideas for when to use this word:

- **Daily Activities:** saying goodbye when people leave your house.
- **Play:** pretend play with dolls, stuffed animals, puppets, plastic animals, favorite characters.
- **Life Skills:** saying “bye” to the mailman or garbage man
- **Going Out:** saying “bye” to people you know in your community, ex. Librarian.

Notes:

## yes



yes

Ideas for when to use this word:

- **Daily Activities:** during snacks and meals, ex. “Do you want milk?”
- **Daily Activities:** during bath time ask before throwing toys in ex. “Duck in?”.
- **Play:** play, “Do you want kisses?” and give kisses.
- **Going Out:** at a restaurant, ask if they would like items on the menu, ex. “Do you want French fries?”

Notes:

## no



no

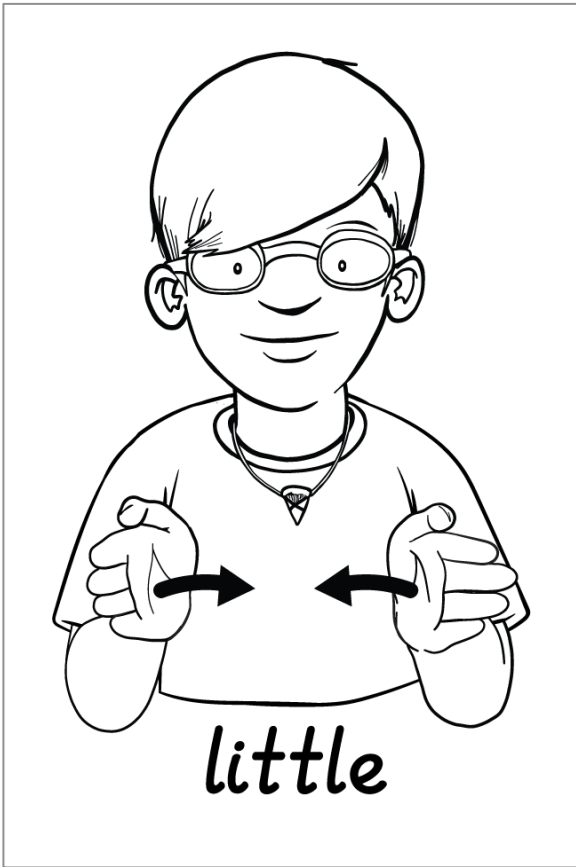
Ideas for when to use this word:

- **Daily Activities:** during snacks and meals, ex. “Do you want more?”
- **Daily Activities:** be silly and give them someone else’s shoes, ex. “Is this your shoe?”
- **Play:** hide objects and say “no” in places you do not find it, ex. “Under the pillow? No”
- **Life Skills:** practice “no touching” around hot and sharp things.
- **Books:** Find books that target no ex. *No David, Where’s Spot?*

Notes:

First Words

**little**



Ideas for when to use this word:

- Life Skills: following directions, ex. "Get the little fork".
- Books: point to pictures that are little, ex. little mouse, little kitten, little flower.
- Going Out: go on a nature walk and look for little bugs and critters.

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First Words

**big**



Ideas for when to use this word:

- Play: play the How Big is Baby? game. You say, "How big is (child's name) and see if your child will imitate you holding arms out and say "Sooo big!".
- Life Skills: following directions, ex. "Get the big cup".
- Books: point to pictures that are big, ex. big elephant, big balloon, big truck.

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First Words

**car**



**car**

Ideas for when to use this word:

- **Play:** play with toy cars and trucks.
- **Play:** sit your child on your lap and pretend you are driving in a car.
- **Books:** talk about the cars you see in your favorite books.
- **Going Out:** comment about getting in and out of the car.
- **Going Out:** point to cars you see driving in your neighborhood.

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First Words

**bed**



**bed**

Ideas for when to use this word:

- **Daily Activities:** talk about going to bed before naps and at night.
- **Life Skills:** have your child help you take off dirty sheets and make the bed.
- **Play:** pretend play with dolls, stuffed animals, puppets, plastic animals, favorite characters.
- **Books:** look for people and animals going to bed in books.

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