

Before the appointment: what I notice about my toddler

Note what you see for a week, with examples and the language used, then bring this sheet to your doctor, CLSC or speech-language pathologist. This sheet is not a diagnosis.

What I look at	What I notice (examples, dates, language)
Do they point to show me something, not only to ask?	
Do they respond to their name? (hearing checked?)	
Which gestures do they use? (waving, shaking head, reaching up)	
Do they copy my gestures or sounds?	
Do they understand a short request without a gesture?	
Which words do they say, in each language?	
Any words or skills they no longer use?	
What daycare notices	

Bring to the appointment

- This sheet, filled in
- Two or three short everyday videos
- Hearing test results, if any
- Your questions, written down

Who does what

- Doctor or pediatrician: overall development, refers
- Québec: 811 or CLSC (Agir tôt), screening, no referral
- Speech-language pathologist: assesses communication (no referral needed)
- Autism diagnosis: physician or psychologist (Ontario: also NPs and psychological associates)

See your doctor promptly if your child loses words or skills they had, at any age. And don't wait for a diagnosis to support their communication.

Sources: Canadian Paediatric Society (2019); Collège des médecins du Québec and Ordre des psychologues du Québec (2012); Québec Ministry of Health and Social Services (2024); Ontario.ca. General information: this sheet does not replace an assessment.