WordSprout

A FAMILY MEMORY PRINTABLE

Our First 100 Words

A shared tracker for noticing the words your child uses across people, places, and languages.

Child / nickname _____ Started _____ Completed _____

1 · Notice

Write down a word when you hear it used meaningfully. It can sound wonderfully imperfect.

2 · Add context

Mark the date, language, and caregiver who heard it. One word can appear in more than one language.

3 · Share

Pass one simple observation between parents, grandparents, sitters, and teachers.

This is a memory journal, not an assessment. Children communicate in their own ways and timelines. The examples are prompts, not a required list or age-based checklist. If you have concerns, talk with a qualified professional who knows your child.

English + Español prompts are included for convenience. Use any language your family speaks, and add your own words on page 7.

WORDS 1–20

People & home

Mark: date · language · caregiver initials

Examples are conversation starters. Use the blank space after each translation for your date/language note.

Our people · Nuestra gente

01	**mama**	mamá	□ _____
02	**dada**	papá	□ _____
03	**baby**	bebé	□ _____
04	**grandma**	abuela	□ _____
05	**grandpa**	abuelo	□ _____
06	**sister**	hermana	□ _____
07	**brother**	hermano	□ _____
08	**friend**	amigo/a	□ _____
09	**teacher**	maestro/a	□ _____
10	**me**	yo	□ _____

Around home · En casa

11	**home**	casa	□ _____
12	**door**	puerta	□ _____
13	**bed**	cama	□ _____
14	**chair**	silla	□ _____
15	**table**	mesa	□ _____
16	**light**	luz	□ _____
17	**bath**	baño	□ _____
18	**book**	libro	□ _____
19	**cup**	taza	□ _____
20	**shoe**	zapato	□ _____

Caregiver note

WORDS 21–40

Food & animals

date · language · caregiver initials

A gesture or sound can be part of the memory too. Record what your family recognizes as the word.

At the table · En la mesa

21	**water**	agua	☐ _____
22	**milk**	leche	☐ _____
23	**apple**	manzana	☐ _____
24	**banana**	banana	☐ _____
25	**bread**	pan	☐ _____
26	**egg**	huevo	☐ _____
27	**cheese**	queso	☐ _____
28	**more**	más	☐ _____
29	**eat**	comer	☐ _____
30	**yummy**	rico	☐ _____

Animal friends · Animales

31	**dog**	perro	☐ _____
32	**cat**	gato	☐ _____
33	**bird**	pájaro	☐ _____
34	**fish**	pez	☐ _____
35	**duck**	pato	☐ _____
36	**cow**	vaca	☐ _____
37	**horse**	caballo	☐ _____
38	**bear**	oso	☐ _____
39	**bug**	bicho	☐ _____
40	**bunny**	conejo	☐ _____

Caregiver note

Write the version you actually heard.

WORDS 41–60

Actions & body

date · language · caregiver initials

Everyday routines offer lots of chances to notice words without turning the moment into a test.

Things we do · Acciones

41	**go**	ir	□ _____
42	**stop**	para	□ _____
43	**come**	ven	□ _____
44	**up**	arriba	□ _____
45	**down**	abajo	□ _____
46	**open**	abre	□ _____
47	**help**	ayuda	□ _____
48	**give**	dame	□ _____
49	**wash**	lavar	□ _____
50	**sleep**	dormir	□ _____

My body · Mi cuerpo

51	**hand**	mano	□ _____
52	**foot**	pie	□ _____
53	**eye**	ojo	□ _____
54	**nose**	nariz	□ _____
55	**mouth**	boca	□ _____
56	**ear**	oreja	□ _____
57	**hair**	pelo	□ _____
58	**belly**	barriga	□ _____
59	**teeth**	dientes	□ _____
60	**hug**	abrazo	□ _____

Caregiver note

WORDS 61–80

Play & places

date · language · caregiver initials

Words often appear in favorite routines. Capture where and with whom the moment happened.

Play time · A jugar

61	**ball**	pelota	□ _____
62	**car**	carro	□ _____
63	**doll**	muñeca	□ _____
64	**blocks**	bloques	□ _____
65	**bubbles**	burbujas	□ _____
66	**again**	otra vez	□ _____
67	**mine**	mío/a	□ _____
68	**music**	música	□ _____
69	**dance**	bailar	□ _____
70	**draw**	dibujar	□ _____

Out and about · Lugares

71	**outside**	afuera	□ _____
72	**park**	parque	□ _____
73	**school**	escuela	□ _____
74	**store**	tienda	□ _____
75	**street**	calle	□ _____
76	**garden**	jardín	□ _____
77	**beach**	playa	□ _____
78	**bus**	autobús	□ _____
79	**slide**	tobogán	□ _____
80	**swing**	columpio	□ _____

Caregiver note

WORDS 81–100

Feelings, ideas & nature

date · language · caregiver initials

Use the words that belong to your family's everyday life, even when they are different from these examples.

Feelings & ideas · Sentimientos

81	**happy**	feliz	☐ _____
82	**sad**	triste	☐ _____
83	**love**	amor	☐ _____
84	**please**	por favor	☐ _____
85	**thank you**	gracias	☐ _____
86	**yes**	sí	☐ _____
87	**no**	no	☐ _____
88	**big**	grande	☐ _____
89	**little**	pequeño/a	☐ _____
90	**all done**	terminé	☐ _____

Our world · Nuestro mundo

91	**sun**	sol	☐ _____
92	**moon**	luna	☐ _____
93	**star**	estrella	☐ _____
94	**tree**	árbol	☐ _____
95	**flower**	flor	☐ _____
96	**rain**	lluvia	☐ _____
97	**sky**	cielo	☐ _____
98	**hot**	caliente	☐ _____
99	**cold**	frío	☐ _____
100	**night-night**	a dormir	☐ _____

Caregiver note

MAKE IT YOURS

Family words & handoff

Names, sounds, signs, places, and inside jokes welcome

These are the words that make your family's story unmistakably yours. Add any word, sign, or meaningful sound that was not in the prompts.

Word / palabra · date · language · caregiver	Word / palabra · date · language · caregiver
Word / palabra · date · language · caregiver	Word / palabra · date · language · caregiver
Word / palabra · date · language · caregiver	Word / palabra · date · language · caregiver
Word / palabra · date · language · caregiver	Word / palabra · date · language · caregiver
Word / palabra · date · language · caregiver	Word / palabra · date · language · caregiver

ONE-MINUTE CAREGIVER HANDOFF

“Did you hear a new word today?”

What happened, who was there, and which language did you hear?

Keep the story going in WordSprout.

Save words across languages and caregivers in one private family journal. WordSprout is a memory and organization tool, not a diagnostic or therapy service.

wordsprout.xyz

Available on the App Store

Search “WordSprout - Baby Words”

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