

Bilingualism

Languages

What speaking two languages does and does not do, as the evidence stands.

Well supported

- No delay in overall language development
- Both languages remain active simultaneously
- Vocabulary in each may be smaller; combined is larger
- Code-switching is rule-governed
- Early exposure gives better accents

Contested or overstated

- A large general 'bilingual advantage'
- Guaranteed delay of dementia
- Bilingualism confusing children
- Needing one parent per language

THE DIFFERENCE THAT MATTERS

Speaking two languages is worth it for what it lets you do. Framing it as brain training oversells a contested literature.

Children raised bilingually may mix early. It resolves without intervention and is not a sign of confusion.