

Starter Signs

Baby Signing by babybabble



Eat

With your fingertips together and touching your thumb, move hand forward and back twice as if putting food in your mouth.



Milk

Open and close your fist in an action similar to milking a cow – sign can be done with either one or two hands.



Finished

With thumbs extended on both hands (or just one if preferred) and pointing upwards, tilt from side to side.



More

With your hand in a cup shape pointing into your chest, move your hand outwards (as if pulling something away).



Dog

Pat your thigh with an open hand as if calling a dog.



Cat

With both palms down and flat slowly brush the top hand up towards your wrist as if stroking a cat.



Bird

With your hand near your mouth, open and close your index finger and thumb, like a bird's beak opening and closing.



Book

Open and close flat palms as if opening and closing a book.

The Benefits of Baby Signing

- Signing reduces frustration
- Signing lets babies share their world
- Signing strengthens the parent-infant bond
- Signing helps parents realise how smart their babies are
- Signing enhances infant self esteem

Benefits of Baby Sign Language and Tips for Signing Success from Acredolo, Dr L. and Goodwyn, Dr S., (2006) A Parent's Guide to the Baby Signs Program, Baby Signs Inc.

Ten Tips for Signing Success

1. Start with just a few signs
2. Always use the sign and the word together
3. Repeat the sign and the word several times
4. Point when possible
5. Gently guide your baby's hands
6. Make signing part of your daily activities
7. Watch for opportunities
8. Be flexible
9. Be patient
10. Make learning FUN!

Good luck with your signing journey!

Please stay in touch and let us know how you are going, or if you have any questions at all.