



# HOW AND WHEN TO INTRODUCE SIGNS TO YOUR BABY



• *a foolproof guide* •


## HOW

1. Decide on 1-3 signs to start using consistently. Choose words you already say or do regularly, like MILK or MORE (see how to sign them below)
2. Use your chosen signs right when they are happening or about to happen. For example, sign MILK as you sit down to have a bottle or nurse, or MORE as you give more of something.
3. Say the word out loud as you sign it; this exposes baby to our verbal languages to boost their acquisition of verbal speech while learning signs.
4. Repeat, repeat, repeat!

## WHEN

There is no wrong time to start using signs with your little one. In fact, once you feel ready and excited to create successful communication patterns as a family, it's time to start signing! Research shows that babies as early as 4-5 months can begin to recognize our patterns of how we say and do things. And sign language allows us to tap into our babies' natural ability to express themselves with their body, which is accessible to them well before verbal speech.

Also, it's never too late to teach older babies & toddlers signs to help downsize frustrations due to communication breakdowns. Babies closer to 12-18 months will pick up signing quickly. Bonding, trust, and confidence all skyrocket when babies feel understood and responded to, which early communication through sign language allows. No matter your little one's age, using even just a few signs together can power-boost communication levels.



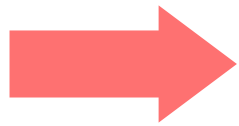
WE ALL LEARN BEST  
WHEN WE'RE HAVING  
FUN, SO KEEP THINGS  
PLAYFUL!  
SMILE, GIGGLE,  
AND MAKE FACES AS  
YOU SHOW SIGNS

**Signing Babies**  
with Lee Ann Steyns 

Click to see more:  
[www.signingbabies.ca](http://www.signingbabies.ca)



# B A B Y S I G N I N G



## Pro tips

*Your baby  
has so much  
to tell you!*

*Signing  
Babies*



### ● HAVE FUN

Choose moments when you are enjoying each other so signing is easy-going for everyone.

### ● BE ENGAGING

Incorporate songs, smiles, and kisses while teaching signs to keep them interested in following you.

### ● BE PREDICTABLE

Show your chosen signs the same way each day so your baby comes to recognize and expect what's next when you sign. Signing BATH = bathtime

### ● REPEAT!

Babies learn best with frequent exposure. There is no such thing as too many times! Enunciating and repeating your words several times allows babies to have time to take notice and absorb what you're showing them.

*"Let's have MORE, here's MORE for you."*



*Hi, I'm Lee Ann!*

*I've taught over 2000 families exactly how to end the struggles that happen before babies become verbal -it's my happy place helping new families boost communication with signs.*

*Now that you know how and when to introduce signs to your baby, let's learn some perfect starter signs below:*

*Signing Babies*  
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# PERFECT *starter signs* FOR BABIES



## *Milk*

*Open and close hand into a fist with thumb tucked around, repeat several times*



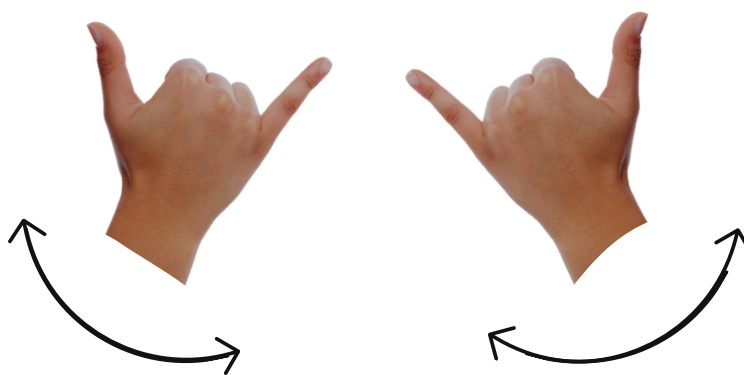
## *More*

*Both hands with fingertips touching thumbs tap together in front of the body repeatedly*



## *Play*

*Hold both hands with pinkies and thumbs extended, then rotate or twist hands at the wrist a few times*



### **There's more!**

**Learn exactly how to teach your baby more helpful signs that will boost communication in my playful 30 minute Sing & Sign classes:**

[www.signingbabies.ca](http://www.signingbabies.ca)

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with Lee Ann Steyns 