



Baby Signing

a guide to very first signs
- for happy little people

www.babysigningbasics.com

baby signing | taught by experts ~ delivered with love



Hello, hello!

I'm Shelley, founder at Little Signers Club. I am passionate about early communication, the incredible world of little people and supporting you to understand your gorgeous, amazing, baby with ease.

Babies and toddlers can use their hands to 'talk' *months* before they have their first words. It's called baby signing and it means that your little one can tell you what they need or want or what's hurting or frightening - before they can speak **and** without tears or tantrums.

Baby signing is for little people who can hear and for little people who can't, their grown ups - and the odd teddy bear too!

We've spent the last decade guiding thousands of families to baby signing mastery at our wonderful classes. Together we've discovered that babies as young as ten weeks old can let us know that they want their milk, a nappy change or you (around whom their world revolves) with their tiny hands, without the need to cry.

And we've found that our signing toddlers are so confident of being understood - so communicative of their needs and joys and the wonders of their world - that tantrums, tears and misunderstandings are removed, almost completely.

(In fact many of our lovely families would agree that they bypassed the 'terrible two's' altogether as a result of their baby signing experience with us - can you imagine?!)

The very best bit about baby signing?

You only need your hands to transform the world for your baby.

The second best bit?

You can start, right now, with our gorgeous Guide to Very First Signs.

Here's to your happy, confident and contented little person.

With love

A handwritten signature in black ink that reads "Shelley".

Shelley

Founder - Mama - Chief Bubble Tester

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what would your little one tell you, if only they knew how?

baby signing | easy communication tools for babies and toddlers
(that really work!)



Communication

No more guess work.
Getting to the heart of
what your baby needs
without confusion.



Connection

A magical window into
your baby's world.
Happy babies,
contented toddlers.



Confidence

A simple framework for
baby signing success!
(especially for busy
lives with little ones).

start your baby signing journey with Little Signers Club

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I like the connection. I like being able to know what she needs from me – her milk or bubbles to play with.

I find it tunes me in; signing builds my confidence that we are having a good day and helps her to build her trust in me as well.



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Baby Signing Myth Busters!

(answering your most frequently asked questions)

Everyone has questions about baby signing. You wouldn't be alone in wondering what other people will think. After all, signing is for people who are deaf, isn't it? And what about speech development – will my baby want to speak?

These are just some of the questions that get asked the most.

1

I thought signing was for people who are deaf?

That is definitely the way it started out and, for example, British Sign Language can be dated way back, to the 15th Century.

But little people learn better when they can move their bodies (called kinaesthetic learning). Research shows that everyone learns more able when there is a visual cue to back up words. What's more, learning sign language is a skill for life.

“*I have been overwhelmed by the benefits of British Sign Language. Baby signing is hands down the best thing I invested in while on maternity leave.*
Baby Signing Mama, Kait.

2

Won't baby signing stop my baby from talking?

It really won't, when it is done the *right* way.

Research shows that baby signing supports advanced speech, language and communication development. Signs are dropped by little ones once they are comfortable and confident with the spoken word. They may revert to signing when tired, or sick, because it is the very easiest way for them to communicate and be understood – a win all round.

“*Ultimately, signing will NOT cause your baby to have delayed speech. It WILL be one of the best things you do to help prepare your baby for talking!*
Christina Schabow, Speech and Language Pathologist.

3

What will people think?!

If people haven't come across baby signing before they may well be curious about what you are doing and why. This is a great opportunity to spread a little baby signing love to another family! Share what you know – and give them a sign or two for them to try for themselves.

Baby signing gives you the most miraculous relationship with your little one and you really won't want to miss out.

“*The difference a few simple signs (like Milk, Food and More) made were amazing. His little face would light up every time I knew what he meant.*
Baby Signing Mama, Lorraine.

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Not only does signing with your baby reduce frustration for everyone, but the depth and quality of such early communication is something that every family should enjoy.

The window of opportunity is short – but the results that can be seen are extraordinary.

DR JOSEPH GARCIA
WORLD BABY SIGNING EXPERT

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Four Very First Signs

(handy to print off + pop on the fridge!)



Milk

What to do:
Clench and unclench your hand in front of your body.

What your baby may do:
Look for a squeezing motion of your little ones hands.



(Nappy) Change

What to do:
Close your hands into fists, with your index fingers on top of your thumbs. Cross your hands over each other and twist round.

What your baby may do:
Look for your baby making a washing hands motion.



Cuddle

What to do:
Close your hands into fists. Cross your arms over your chest, or wrap them around your body, and rock slightly.

What your baby may do:
Look for your baby raising their arms up to you.



Bed

What to do:
Head tilts onto your flat, open, hand at one side of your head.

What your baby may do:
Look for your baby yawning or rubbing their eyes.

Top Tips

(for getting baby signing just right!)

1

Say the word as you sign it.

When baby signing is taught in the right way your baby has the very best chance to develop accelerated communication AND speech skills. This means that you always, always, need to say the word as you sign it. (If you don't say the word as you sign it, it is possible that your baby may not develop speech as effectively as they could).

2

Make sure your baby can see you.

Take a moment to gain your baby's attention before you sign to them – if they can't see your hands, they won't start to associate the word and the sign and they need to be able to see your hands in order to mimic the hand shapes for themselves. It also helps babies to make the connection between the sign, the word and the outcome.

3

Practice makes perfect!

The more you use signs with your baby, the more likely it is that they will start signing back. Use as much repetition of signs as possible (but don't get stressed if you forget either – it can take 21 days of consistent good habits to engrain something new). One of the key points of baby signing success is lots of repetition, in context.

4

Keep it simple...

I can't stress this enough! Start off with one or two signs, like milk and nappy change, because they happen lots of times throughout the day. Increase the signs you use by one or two each week. Pick signs that are relevant to your family and that will be useful for your baby to learn. It's easier for you to remember and concentrate on just a few signs when you begin - and it stops your baby from being overwhelmed too.

5

Carry on regardless.

Learning to crawl, stand, roll – these take priority over learning to sign - but carry on regardless even if your baby appears not to be taking any notice. Don't be discouraged; once the development phase or illness or teething is over, there is likely to be a signing explosion!

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This is a time when the brain is growing very rapidly. It is too precious a time to waste.

Wow. What a wonderful gift to give a child.

It's saying 'I love you' - over and over and over and over and over again.

DR MARTHA BULLOCKS LAMBERT
HUMAN DEVELOPMENT SPECIALIST
discusses baby signing with world expert, Dr Joseph Garcia

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Your Baby Signing Checklist

(are you and your baby ready to sign?)

Get off to a great start with baby signing!

You don't need much to begin – but this checklist will make sure that you have the basics in place for baby signing success.

- Can your baby clap and wave?**
If your baby is not quite at this stage, practice these skills first.
- Is your baby interested in the world around them?**
Babies become more curious and alert from around 12 – 16 weeks.
- Decide the 2 signs you want to try out first.**
Don't overwhelm yourself – two signs is plenty when starting out.
- Get the whole family involved – granny too!**
Baby signing is FUN! Get everyone practising and joining in.
- Read through our Top Tips.**
These will get you off to the best possible start!
- Join our facebook group...**
Lots more baby signing support and friendly faces – find us at www.facebook.com/thebubblehub/
- Got more questions?**
Pop me a note! littlesignersclub.co.uk/contact/

P.S. You can start signing with your baby even if they don't yet clap or wave because they will still recognise signs – so please don't think that you can't begin at all! Just be aware that your little one won't be able to sign back to you very clearly, so it needs a bit more detective work and observation, until they have mastered this development milestone.

Our Flagship Classes – online!

(Baby Signing Basics™ at home)

We're so excited to bring you our much-loved classes - online!

Baby Signing Basics™ is just perfect to get you started with baby signing, at home, easily and quickly.

It's been designed with busy lives in mind and gives you the very best techniques, shortcuts and know-how to guide you to baby signing mastery.

Step-by-step, sign by sign.

Twelve weeks of gentle, guided support.

Baby Signing Basics™ is an expertly crafted package that delivers a powerful parenting tool for the 21st century, supporting those precious early days as well as developing skills that will last a lifetime.

Join the waitlist at babysigningbasics.com - and start your baby signing journey with confidence.

taught by experts ~ delivered with love

baby signing
 basics™

launches September 2019

award winning baby signing

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