

# Beginner Baby Signing Course

with **Lee Ann Steyns** on  **kinedu**



***I'm Lee Ann!***



- Baby Signing expert instructor on Kinedu
- Mom of 2
- Author of [My First Baby Signs](#) book
- Creator and Instructor at Signing Babies
- Former preschool teacher and director of children's programs

## In week 4 we covered:

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1. Why use signs at mealtime?
2. How to present signs at mealtime
3. 7 Mealtime signs
4. Songs to practice signs

# WHY USE SIGNS FOR MEALTIME?



At mealtime:

- our babies are facing us while they eat
- we serve food or eat several times every day
- foods are immediate and tangible
- our babies are excited and interested in what we have on a spoon

**Mealtime is one of the easiest times to teach signs because there's natural:**

→ **ENGAGEMENT**

→ **REPETITION**



We can use that excitement and repetition to our advantage.

## Baby isn't on solids yet?

No problem, because your little sidekick is most likely watching YOU eat during the day, so show those signs while you munch away.

You can mention what you're eating as your baby sees you eat it.

**Example:**

*"Oh, mommy's hungry, mommy's having a BANANA, mmm!"*

*"Did you hear that crunch? Daddy's APPLE is so crunchy!"*

## HOW TO PRESENT SIGNS AT MEALTIME



Eye-to-eye time is crucial to learning signs, so when your babies are in a high chair or seat, they're able to look directly at you and see you sign about what they're eating and drinking (instead of being in your lap or in your arms). This allows a perfect opportunity to demonstrate and create focus in your mealtime conversations.

Start by saying and signing EAT:

*"It's time to EAT, let's go EAT!"*

Then, when you feel ready to add more signs, you can present the signs for the foods or drinks your baby is having. Say the word out loud and sign the word as you give them the food:

*"Here's your CEREAL/WATER/APPLE" (etc.)*

Then carry on giving food to your baby. That's it!

**REPEAT,  
REPEAT,  
REPEAT.**

Repetition is the key!

And our babies learn well when we create rich learning moments with signs. Keep presenting the signs at mealtime each day, and they will begin to understand what you are signing because of the immediate, tangible nature of food.

Seven signs for MEALTIME:

1. **EAT**
2. **DRINK**
3. **WATER**
4. **MILK**
5. **APPLE**
6. **BANANA**
7. **CEREAL**

**EAT**

Move one hand towards  
mouth with fingers and  
thumb connected





# DRINK

One curved hand is held  
next to your mouth, like  
you're holding a cup, then  
tipped back



Let's practice with a  
song:

## IF YOU'RE HAPPY AND YOU KNOW IT

If you're eating and you know it  
Clap your hands (clap clap)!  
If you're eating and you know it  
Clap your hands (clap clap)!  
If you're eating and you know it  
And you really want to show it  
If you're eating and you know it  
Clap your hands (clap clap)!

# MILK

Open and close hand into a  
fist in front of the body  
a few times



Let's practice with a  
song:

## THIS IS THE WAY

This is the way we have some milk  
Have some milk, have some milk  
This is the way we have some milk  
Together everyday.

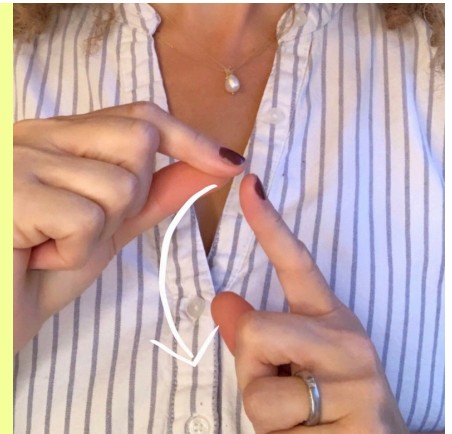
# APPLE

Fold fingers of one hand onto palm, hold near mouth and twist wrist sideways a few times



# BANANA

Pretend to peel open a banana with one hand peeling down the other hand's extended index finger



Let's practice with a song:

## APPLES & BANANAS

I like to eat, eat, eat  
Apples and bananas  
I like to eat, eat, eat  
Apples and bananas  
I like to eat, eat, eat  
Apples and bananas  
I like to eat, eat, eat  
Apples and bananas.

# WATER

One hand in a 'W' shape is tapped to the chin and lips



# CEREAL

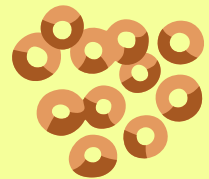
Move extended index finger  
across the upper lip in a  
wiggly motion



Let's practice with a song:

## WAY UP HIGH

Way up high in a cereal tree  
A little cereal smiled at me  
I shooooook that tree  
Just as hard as I could  
And down came the cereal  
Mmm mmm good!



## SUCCESS TIP

**Choose foods your baby already likes to eat, or foods you serve often, to start using at mealtime.**

They will be more interested in what you're signing.

*Make sure to practice our signing songs so you can practice at home with your baby!*

# See you for our next class:

## *Signing Through Playtime*

Wednesday, September 3 @ 9:30am CST

### *Find me again:*



[hello@signingbabies.ca](mailto:hello@signingbabies.ca)



[whatsapp chat link](#)



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



[@signingbabies](https://www.instagram.com/signingbabies)



My First Baby Signs book  
[www.signingbabies/book](http://www.signingbabies/book)

### *Meet me for weekly classes on kinedu*

<b>Mondays</b>	<b>9:30am CST</b>
<b>Wednesdays</b>	<b>9:30am CST</b>
<b>Thursdays</b>	<b>12:30pm CST</b>



***Got a  
question?***

Ask me anything at [hello@signingbabies.ca](mailto:hello@signingbabies.ca)

-Lee Ann





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