

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

SIGNING TOWARDS SLEEP



In week 6 we covered:

1. Why use signs at sleep time?

2. How to present signs for naps and bedtime
3. 6 sleep time signs
4. Songs to practice signs

USING SIGNS AT SLEEPTIME



Using signs at nap time and bedtime allows us to:

- create solid patterns our baby can learn and understand
- be consistent no matter when, or where, we are introducing sleep
- create smoother transitions between activities and sleep time
- feel more confident about sleeptime
- avoid over-tiredness and sleep disruption

**Babies and toddlers love routines,
even if they don't always seem to follow one.**

Babies change things up all the time because they are constantly and quickly growing. They add new skills and understanding to their repertoire which can wreak havoc in daily activities and sleep schedules.

But it's human nature to recognize and respond to predictable patterns.

A little routine that you follow before bedtime is a great way to help everyone wind down and relax before going to sleep.

When you're consistent and predictable, everyone knows what's going on even if there are hiccups or changes, like if you're traveling or going through transitions.

Spontaneity and change always make my kids anxious at bedtime.

HOW TO PRESENT SIGNS AT SLEEPTIME



First, decide what your pre-nap time / bedtime routine will look like.

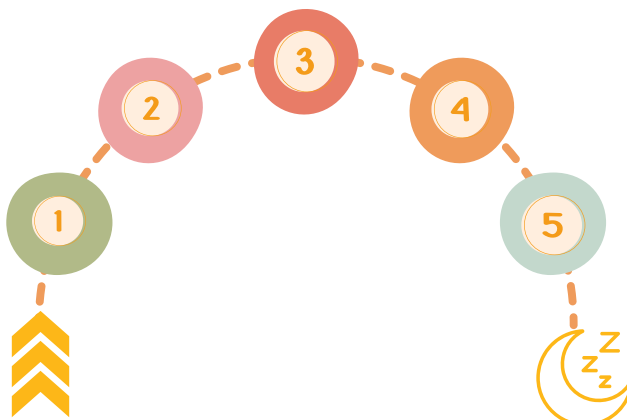
Bath, Milk, Song, Sleep...?

Play, Diaper, Book, Sleep...?

What do you want to happen, and in what order do you want everything to go?

You decide!

Then, start presenting the accompanying sign for each stage of your bedtime routine as you go through each activity.





SUCCESS TIP

Always keep a few things the same every time, even if other factors like who's putting baby to bed or the timing or location change.

Six signs for SLEEPTIME:

1. **SLEEP**
2. **TIRED**
3. **BED**
4. **BATH**
5. **BOOK**
6. **BLANKET**

SLEEP

One open claw hand is held in front of the face, then the fingers close down to the thumb as head is dipped and eyes are closed.





Let's practice with a
song:

NO BEARS OUT TONIGHT

No bears out tonight
No bears out tonight
No bears out tonight
They've all gone to sleep.

No mommies out tonight...
No daddies out tonight...
No babies out tonight..

TIRED

Start with fingertips and thumbs held
high on the chest, then let them fall
so the pinky side of hands rest on the
chest as you slump forward.



Let's practice with a
song:

HAVE YOU EVER?

Have you ever been so tired
So tired, so tired
Have you ever been so tired
When it's time for sleep?
We got this way and that way
And this way and that way
Have you ever been so tired
When it's time for sleep?

BED

Hold both flat hands
together palm to palm, and
place them at the side of
your face





Let's practice with a
song:

THIS IS THE WAY

THIS IS THE WAY
This is the way we get into bed
Get into bed, get into bed
This is the way we get into bed
Before we go to sleep.

BATH

Both hands in fists rub up and
down the upper chest a few times



Let's practice with a
song:

THIS IS THE WAY

This is the way we take our bath
Take our bath, take our bath
This is the way we take our bath
Before we go to sleep.

BOOK

Place both flat hands together in front of the body, then hinge them open like the cover of a book



Let's practice with a song:

THIS IS THE WAY

This is the way we read our book
Read our book, read our book
This is the way we read our book
Before we go to sleep.

BLANKET

Pretend to pull a blanket up to your chin



Let's practice with a song:

THIS IS THE WAY

This is the way we cuddle our blanket
Cuddle our blanket, cuddle our blanket
This is the way we cuddle our blanket
Before we go to sleep.

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

Thank you for joining me!

Find me again:



hello@signingbabies.ca



[whatsapp chat link](#)



www.signingbabies.ca



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My First Baby Signs book
www.signingbabies/book

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

Mondays	9:30am CST
Wednesdays	9:30am CST
Thursdays	12:30pm CST





***Got a
question?***

Ask me anything at hello@signingbabies.ca

-Lee Ann



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