

# Beginner Baby Signing Course

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



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



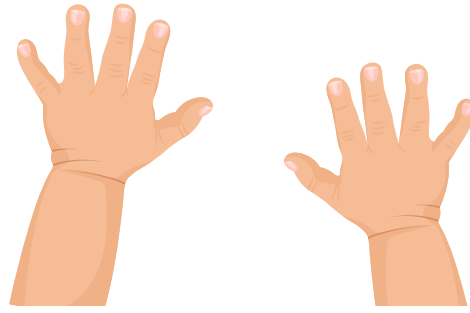
- Baby Signing expert instructor on Kinedu
- Mom of 2
- Author of [My First Baby Signs](#) book
- Creator and Instructor at Signing Babies
- Former preschool teacher and director of children's programs

## In day 2 we covered:

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1. How to start signing
2. Choosing Your First signs
3. The SAY, SIGN, DO strategy
4. Songs to practice signs

# HOW TO START SIGNING



Start by picking one sign to start working on. This will keep things easy and manageable for both you and your little one.

Then introduce that sign with our 1, 2, 3 Signing Success System below.

Repeat every day.

## Choosting Your Family's First Signs

Let's learn some perfect starter signs that you can pick from:

1. **MORE**
2. **UP**
3. **DOWN**
4. **MILK**
5. **MOM**
6. **DAD**
7. **FINISHED / ALL DONE**

# MORE

Tap hands together with  
fingers connected to thumbs  
repeatedly.



Let's practice with a  
song:

## THE MORE WE GET TOGETHER

The more we get together  
Together, together  
The more we get together  
The happier we'll be.  
Because your friends are my  
friends  
And my friends are your friends  
The more we get together  
The happier we'll be.

## UP

Point index  
fingers  
up



## DOWN

Point index  
fingers  
down



Let's practice with a  
song:

## ROLY POLY

Roly poly, roly poly  
Up, up, up!  
Up, up, up!  
Roly roly poly  
Roly roly poly  
Down, down, down  
Down, down, down.

# MILK

Open and close  
one hand into a  
fist repeatedly



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.

# MOM

Tap the thumb of  
your open flat  
hand to your chin



# DAD

Tap the thumb of  
your open flat hand  
to your forehead







Let's practice with a  
song:

### HAVE YOU EVER

Have you ever seen my mommy  
My mommy, my mommy  
Have you ever seen my mommy  
Go this way and that?  
We go this way and that way  
And this way and that way  
Have you ever seen my mommy  
Go this way and that?

## ALL DONE/FINISHED

Hold both open flat hands  
facing toward you, then  
turn them outwards



Let's practice with a song:

### THIS IS THE WAY

This is the way we say all done  
We say all done, we say all done  
This is the way we we say all done  
Together everyday.

# THE 1, 2, 3, SIGNING SYSTEM

1. Say the word out loud.

2. Sign the word as you say it to your baby.
3. Make what you are saying and signing happen.



This systematic approach will allow you to expose your baby to both verbal languages and sign language, as well as help you create consistent signing moments for easy learning.

Use your chosen sign right when it is 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.

Then, repeat, repeat, repeat this pattern of presenting the signs you've chosen to create a new habit.

Your baby will begin to notice the repetition and recognize the context to learn what that sign means.

## ***Remember:***

Think of the PATTERNS in your day, and how you can create a predictable moment when you say, sign, and do.

### **Example:**

- Every time you have MILK, say/sign/do MILK just as it's about to happen.
- When you're about to pick baby UP, say/sign/do a pick UP.

- Don't worry about "teaching" the signs, just use them yourself. Your baby will notice and learn better from you signing than from being actively "taught".

You'll also gain more traction by focusing on signs that your baby is interested in.



Singing and playing music at home are easy but powerful ways to practice signs at home!



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

**See you for our next class:**

*Signs for Mealtime*

Wednesday, August 20 @ 9:30am CST

## ***Find me again:***



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



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



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



My First Baby Signs book  
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***Got a  
question?***

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

*Lee Ann*

