

Baby Signing

Baby Signing has been around for about 30–40 years, and has become increasingly popular in the past 10 years. So what is Baby Signing all about?

Baby Signing is a wonderful way to communicate with your baby. It bridges the communication gap, helping babies to show their parents what they want, what they are thinking, or how they are feeling, before they can talk.

Benefits of Baby Signing:

- Empowers baby to communicate early
- Boosts self-esteem
- Reduces frustrations
- Compliments language and speech development
- Encourages bonding and interaction
- Can help parent understand what baby wants/needs
- Parents can learn new rhymes and songs
- Teaches the parents a skill too

Babies and toddlers understand a lot more than we give them credit for, but they are often held back by their physical inability to talk. However their ability to use their hands and fingers to gesture or form signs, can enable them to communicate much sooner.

Top tips for signing with babies

- Always say the word with the sign
- Keep it simple, one or two signs per sentence
- Repetition is key, use often
- Be patient, a baby will develop at their own pace
- Keep it fun, use songs, rhymes, toys etc
- Encourage their signs, it takes practise for tiny hands

