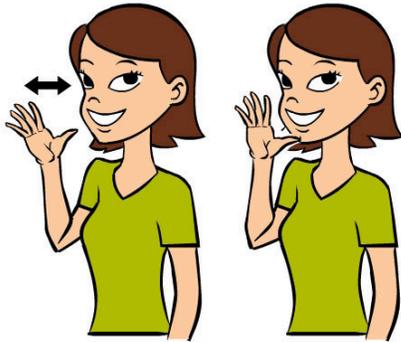


LESSON 1: EVERYDAY SIGNS



MOMMY / MAMA / MOM

Make a 5-hand with your dominant hand and with your pinkie facing forward, tap your thumb on your chin.

Memory Aid: All female signs are made on the lower part of the face (below the nose) – because women like to talk.

Usage for MOM and DAD: A fun game to play to practice the MOM and DAD signs is to play peek-a-boo using these signs. Have dad hold baby and have mom go just outside of view. Have daddy ask the baby, “where’s MOMMY?” using a very excited voice while making the sign for MOMMY. Ask this a couple times and then have mom pop into the room and say, “here’s MOMMY!” while making the sign for MOMMY. You can also have dad move the baby’s hand to help baby make the sign (only if baby tolerates this!). Then switch roles and have mom hold baby and ask, “where’s DADDY?” while making the sign.

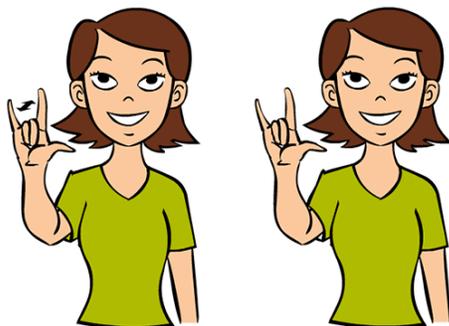
You can also do this game without both caregivers present while hiding your face behind a blanket and pillow and practicing the sign when you pop into view.



DADDY / DADA / DAD

Make a 5-hand with your dominant hand and with your pinkie facing forward, tap your thumb on your forehead.

Memory Aid: All male signs are made on the upper part of the face (above the nose) – because guys get “stuck in their heads.”



I LOVE YOU

With your dominant hand, put up your thumb, index finger and pinkie finger (keep your ring finger and your middle finger down). Hold the hand out, palm facing away from you and move it back and forth slightly.

Memory Aid: This sign combines the ASL letters for “I”, “L”, and “Y” (I Love You).

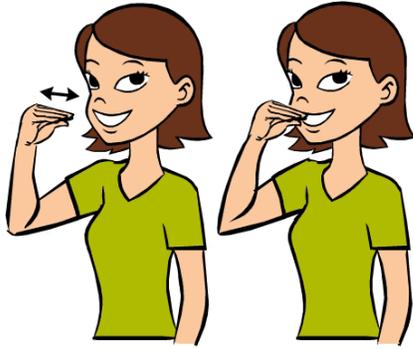


MILK

Squeeze your dominant hand into a fist repeatedly.

Memory Aid: The milk sign is a lot like milking a cow, but without the vertical motion – you are just squeezing the udder.

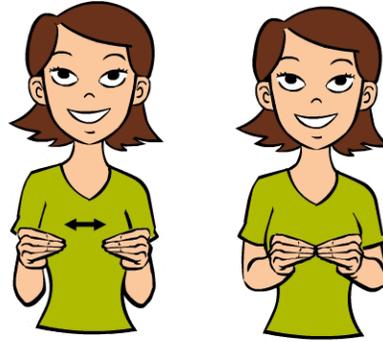
Usage: Practice this sign just before + during feeding and help your child squeeze hand to make sign during feedings (only if child tolerates this!).



EAT

With your dominant hand, make a squished O-hand by mashing your fingertips together. Now tap your fingertips on your mouth. The same sign is used for FOOD.

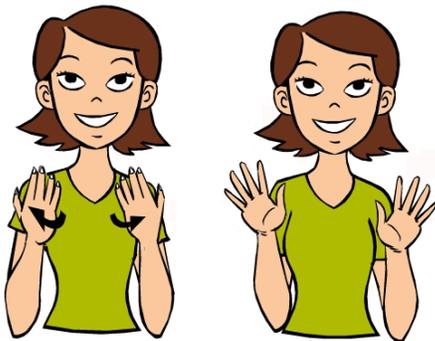
Tip: Use this sign for solid food only, and use MILK sign for milk only – this will help with weaning.



MORE

With both hands, make a squished O-hand by mashing your fingertips together. Now tap your fingertips together at chest level.

Usage: Expand the situations you practice this sign in past just eating/food. I love using this sign on the swing, for bubbles, for wind-up toys, for any kind of cause-and-effect toy (things that you turn on with a button), or any fun routine your child loves doing (peek-a-boo, piggyback rides, getting thrown up in the air, etc.).



ALL DONE

Hold your 5-hands up at chest/shoulder level with palms facing in, then turn the hands so that they are facing out. You may repeat motion several times, but this isn't necessary.



HELP

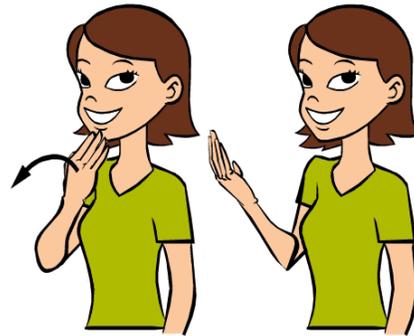
Make a fist with your dominant hand, keeping your thumb up. Place your fist on top of your non-dominant palm and move both hands upwards. You may also tap your fist on your palm.



PLEASE

Make a closed flat hand with your dominant hand, keeping your fingers together. Rub your hand in a circle on your chest with your palm facing in.

Tip: Do NOT – I repeat, DO NOT – overly emphasize this sign with your child until they are ready to combine 2 words together to form 2-word phrases (typically when a child has around 50 words/signs they can independently use). I have seen SO MANY kids drop many other more specific signs when they learn PLEASE because they realize that's all they need to do to get anything they want. Remember, language skills trump manners – we want kids to know lots of words before we emphasize “good manners.” 😊



THANK YOU

Make a closed flat hand with your dominant hand, keeping your fingers together. Touch your fingers to your chin with your palm facing your face, then extend your hand outward in an arc-like motion.

Memory Aid: Think of blowing a kiss.

Hello Song

(tune of Frere Jacques/Are You Sleeping/Where is Thumbkin)

HELLO FRIENDS,

HELLO FRIENDS!

HOW ARE YOU?

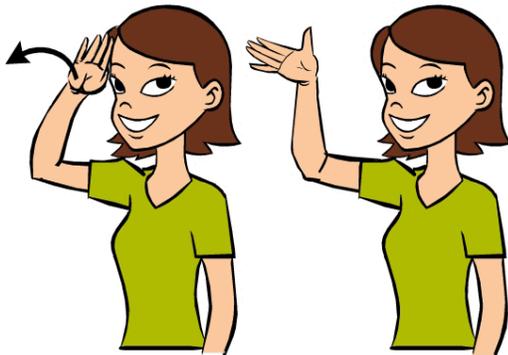
HOW ARE YOU?

Are you feeling **HAPPY?**

Are you feeling **GRUMPY?**

HOW ARE YOU?

HOW ARE YOU?



HELLO

Using your dominant hand, start at your temple and move your hand outward about 6". Think about a salute.



FRIEND

Using 2 X-hands, hook your index fingers together once, then flip them around so the opposite hand is on top and hook together again.

Memory Aid: Think of 2 friends meeting (your fingers are the friends) and giving each other a hug.



HOW ARE YOU?

HOW: Form curved handshapes on both hands, palms down and/or slightly back. Place your hands together with the knuckles touching (Looks kind of like McDonalds' golden arches). Roll the hands forward until the "arches" are upside down--ending with your hands palm-up in "cupping" handshapes.

YOU: Point at your friend or around the circle at multiple friends.

Memory Aid: When you are asking someone "how are you?," you are essentially asking them to open up and tell you how they are feeling on the inside.



HAPPY

Using 2 flat hands, place dominant hand at chest level and non-dominant hand at stomach level. Make small upward and outward circles on your chest and make a happy face.

Memory Aid: Think of butterflies in your tummy.



GRUMPY

Using 2 flat hands, place dominant hand at chest level and non-dominant hand at stomach level. Make small upward and outward circles on your chest and make a happy face.