

Signs for babies and children



Drinking

A thumb to the mouth and lift it up, as if you're drinking from a bottle



Food / eat

Fingertips from one hand placed to the mouth



Pacifier

Point with your index finger to your mouth



Sleep

One palm placed on the side of the head



Washing hands

Rub your hands together as if you're washing your hands



Clean/dry diaper

Clap your hand on your butt



More

One index finger taps the opposite palm



Stop

Hand stretched forward with the palm facing out



Dad

The index finger from your right hand drags from the top of the chin and down



Mom

The index finger from your right hand drags over your forehead from left to right



Get dressed

Clasp your hands and drag them on the side of your body, from your knees to your belly



Get undressed

Clasp your hands and drag them on the side of your body, from your belly to your knees

How to use the signs

- It's possible for babies to learn their first signs when they are 7-10 months old
- Use the signs as often as possible, preferably every day
- Only use one sign in each sentence
- Use ALWAYS the sign with the spoken words
- Don't practice the signs with your child but let them learn naturally. Be attentive to what your child is showing interest in.