

THE RESOURCE EXCHANGE
EARLY INTERVENTION
COLORADO



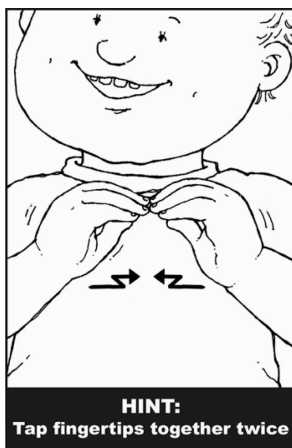
Baby Sign Language: 21 Words and Signs to Know *by Lauren Passell*

Sign: More

According to Nancy Cadjan, President of signbabies.com, babies are developmentally ready for their parents to start signing to

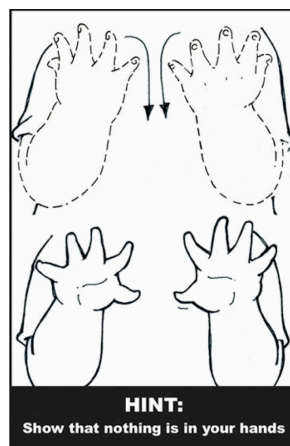
them after 4 months old, but won't be able to sign back until 7-9 months, when they have better coordination.

This sign will help babies transition from one activity to the next. It also helps Mommy explain that something is all gone.



HINT:
Tap fingertips together twice

Sign: Done



HINT:
Show that nothing is in your hands

Sign: Sleep

Signing to baby that it's time to sleep is a good way to start the bedtime routine. Even better: when *she* lets you know she's tired by using the sign.

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Visit our organization, groups and events on the web & facebook



Dec '11

TRE:

www.tre.org

Teller County Playgroups:

<http://telltots.weebly.com>

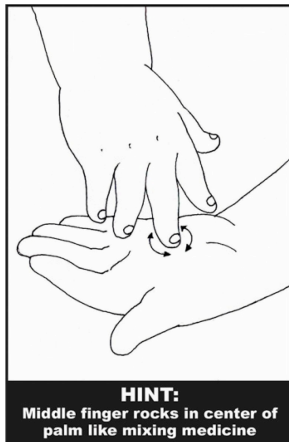
Park County Parents:

<http://parkparents.org>



HINT:
Like eyes being closed

Sign: Medicine



HINT:
Middle finger rocks in center of palm like mixing medicine

This sign comes into handy when babies are teething and want to tell you they want medicine to ease their pain.

Sign: Eat

Stay consistent with your signs. Use them frequently -- every time



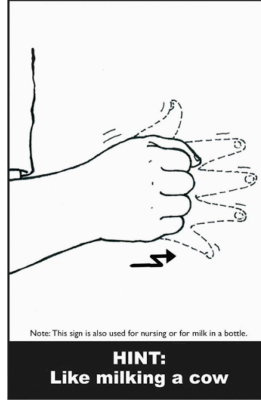
HINT:
Like putting food in your mouth

you engage in the activity or say the word. When you're eating, use the "eat" sign and say, "We're going to EAT. Do you want to EAT? Let's EAT another bite of cereal."

Sign: Milk

When signing, remember that context is important. Sign "milk"

while feeding your baby a bottle or while nursing -- not when you're doing other things.



Note: This sign is also used for nursing or for milk in a bottle.

HINT:
Like milking a cow

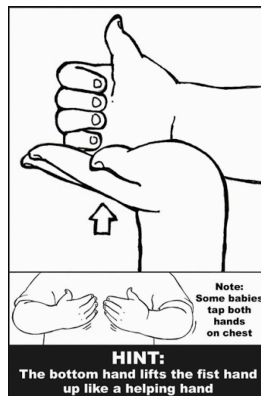
Sign: Change



HINT:
Rotate both fists back and forth

"Change" is an important sign because it gives your baby a heads up that you're transitioning from play to diapering -- something he probably won't want to do. Signing "change" will help them understand the toy break is temporary. When you're done, sign "done" and say, "We are DONE," so that your baby knows changing time is over. According to Cadjan, many parents report that when they use the "change" and "done" signs, the struggle of diaper time goes away.

Sign: Help

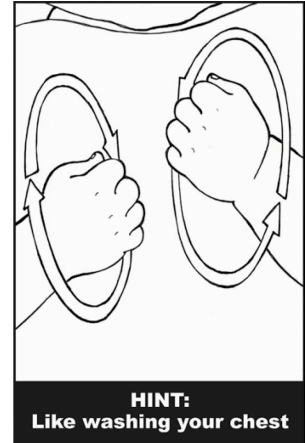


Note: Some babies tap both hands on chest

HINT:
The bottom hand lifts the fist hand up like a helping hand

Should you step in to help, or let baby figure things out on his own? This will let him communicate when he needs your aid -- or that he wants to help you.

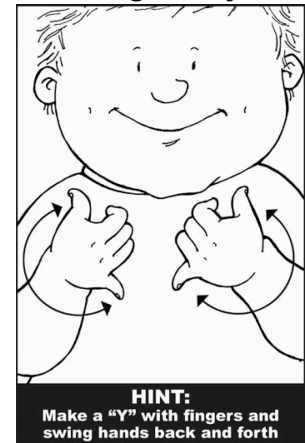
Sign: Bath



HINT:
Like washing your chest

Teach your baby words he'll be able to practice often, like "bath," since you do it every day.

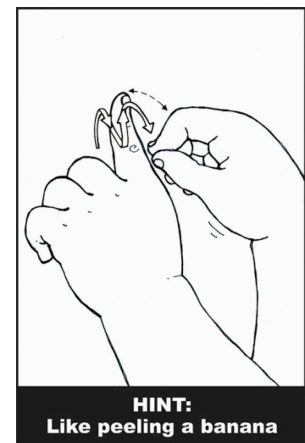
Sign: Play



HINT:
Make a "Y" with fingers and swing hands back and forth

Don't worry about teaching all the signs at once; just choose a few to start. When you think your baby is getting the hang of it and signing back, you can slowly add more signs to his repertoire.

Sign: Banana



HINT:
Like peeling a banana

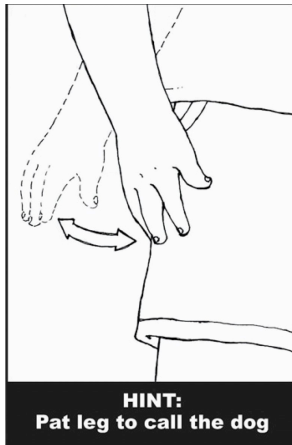
Teaching your baby signs for foods can help you get an idea of his favorites. "Banana," a common first food, is a good one to try.

Sign: Water



Don't expect the signs to look perfect. Babies might do the signs a bit differently, since their fine motor skills are not as advanced as yours are. If you think your baby is trying to sign something, help her out. Say, "Oh! Are you signing WATER? Do you want some WATER?" and continue to make the sign correctly.

Sign: Dog

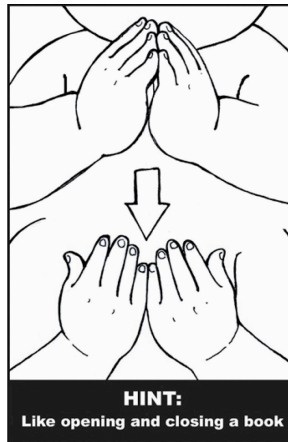


Many signs are easy to remember since they mimic a motion you might already be using. Patting your leg to call a dog is instinctive, making this sign feel very natural.
Sign: Cat

Maintain eye contact whenever you sign to make sure your baby sees your hands clearly. This is key to helping her make the

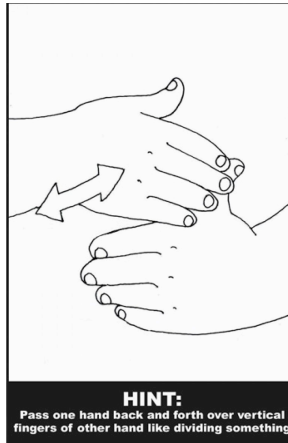
connection between the sign and the word.

Sign: Book



Foster an early love of reading with the simple sign for "book."

Sign: Share



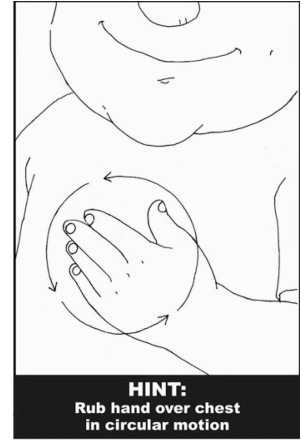
Be patient -- and don't pay compare your baby to the champion signer at music class. It takes some babies longer than others to have the dexterity to sign, but keep at it.

Sign: Bread



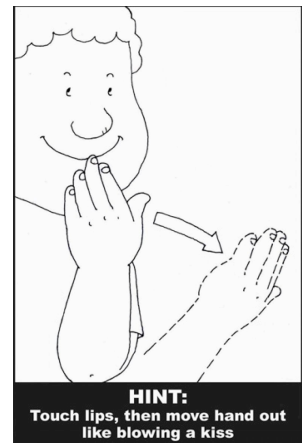
Some babies will grunt or pant when their parents sign, others will laugh or smile -- all are indications that your baby is receptive to your communication.

Sign: Please



Here's a sign that teaches communication skills and manners. You're welcome!

Sign: Thank You



Baby sign language proponents say that signs not only help your child communicate with your earlier and more easily, it also helps them speak sooner too.
Sign: Apple

Your signing vocabulary can grow with your baby's interests, so that she'll more easily (and gladly) make the connection. For example, if you notice she likes books with animals, teach her words like "dog" and "bird." If she likes apples, teach her this sign 🍏

The Resource Exchange - Early Intervention

Free developmental evaluations for children birth to three. If you or someone you know has concerns, or if you have questions about developmental milestones and wondering if your child's development is where it should be give us a call. For Teller County - Joann Jones 719-687-5047, Park County - Amelie Moutoux 303.816.0011, or El referral 719-577-9190



WOODLAND PARK • CRIPPLE CREEK • CONIFER • FAIRPLAY

Dec 2nd-17th - The Commedia Christmas Carol - Conifer

The StageDoor Theatre's adult company will present "The Commedia Christmas Carol" Dec. 2-17. Fran Arniotes will direct this clever twist on a holiday classic. Shows will be Friday and Saturday evenings at 7:30 p.m., plus one Saturday matinee on Dec. 10 at 2 p.m. For tickets, go to www.stagedoortheatre.org or call Brown Paper Tickets at 1-800-838-3006. Tickets are \$12 for adults and \$10 for students and seniors. The StageDoor Theatre is at 25797 Conifer Road in Aspen Park.

Dec 3rd - Fairplay Holiday Bazaar - Fairplay You're going to love the 26th annual Fairplay Holiday Bazaar. Over 75 arts, crafts and food vendors will be at the Fairplay schools at 7th and Hathaway streets from 9:30 a.m. to 4:30 p.m. Santa and Mrs. Claus will be there from 11 a.m. to 2 p.m. For more information, call (719) 836 - 0895. In addition, you'll find **A Real Colorado Christmas** on Front Street from noon to 7 p.m. There will be free horse-drawn carriage rides, chocolate and wine tasting, cookie and ornament decorating, and the Fairplay tree lighting at 5 p.m. For more information, call (719) 836 -2622.

Dec 10th - Victorian Cowboy Christmas Ball - Fairplay

You are cordially invited to attend the 17th Annual South Park Sertoma Victorian and Cowboy Christmas Ball on Saturday, Dec. 10, 7:30 p.m. to midnight, at the Fairplay Valiton Hotel. Musical entertainment will be provided by the 4th Artillery Quadrille Ensemble with period dancing with a dancing instructor. Food provided. Victorian or cowboy attire appropriate to the period will be required; costume rental is available. Admission by reserved tickets only, at \$35 per person. For tickets and info, call Merrily Brew at 719-836-0533.

Dec 3rd - Breakfast with Santa - Woodland Park Bring the kids to visit with Santa and Mrs. Claus. Get a picture with Santa, have a free pancake breakfast and see the rein-llamas!

Dec 3rd - Holiday Happenings - Cripple Creek 1:00pm "The Christmas Donkey" Holiday Show (Butte Theater) 4:00-8:00pm Victorian Christmas at the CC District Museum - Free Admission. 5:00pm Christmas Tree lighting (CC City Park 1st St. & Bennett Ave) Free hot chocolate and caroling. 7:00pm "The Christmas Donkey" Holiday Show (Butte Theater)

Dec 8th - Winter Wonderland Reception - Cripple Creek Aspen MIne Center 6:00pm



**The Resource Exchange
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