

# The SEL Blueprint: Practical Interventions for Nurturing Young Minds

## Baby Sign Language Resource Guide

Teaching a baby to communicate using gestures can be exciting and fun. This resource provides free, valuable information and practical tools for MFLC counselors to learn and teach Baby Sign Language

**Research shows** that teaching baby signs improved cognitive and emotional development.<sup>1</sup>

### ► Baby Sign Language Resources



#### DICTIONARY

- Baby Sign Language Dictionary, [babysignlanguage.com/dictionary/](http://babysignlanguage.com/dictionary/)
- Access is free and user friendly
- Pictures and videos provide easy demonstrations on how to teach words



#### TRAINING VIDEOS

##### **First 12 Signs for BSL in American Sign Language (ASL) – Length 8:14**

- [www.youtube.com/watch?v=v7Wd8U1HdDY](http://www.youtube.com/watch?v=v7Wd8U1HdDY)
- Teaches the first 12 baby signs to teach your child. Also addresses misconceptions about baby sign language.

##### **25 ASL Signs You Need to Know: ASL Basics – Length 6:33**

- [www.youtube.com/watch?v=0FcwzMq4iWg](http://www.youtube.com/watch?v=0FcwzMq4iWg)
- American Sign Language for Beginners.

##### **Sign Baby Sign – Free Training – 11 videos**

- [www.signbabysign.com](http://www.signbabysign.com)
- Created by Speech Language Pathologist, Jane Rosenberg, this full baby Sign course has 11 videos which are free to access.



#### Reducing Frustration



Signing can help babies express their needs and wants, reducing frustration and tantrums.<sup>2</sup>



#### TOOLKIT

##### **[Babysignlanguage.com](http://Babysignlanguage.com)**

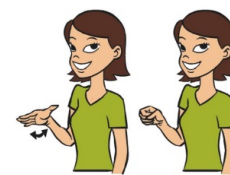
- The site has various tools that can be used to learn and teach Baby Sign Language to parents and other adults.
- The site contains a dictionary, flash cards, wall charts, training videos and guides, and much more.
- Each of the 600 printable flash cards shows the word, an illustration, and the corresponding sign.

##### **Example word, picture and illustration:**



Baby Sign Language.com

milk



- The website has a user-friendly interface and each resources has a video to accompany it.
- Most of the features and tools are free. You can purchase some products at a low cost, but that is not necessary.
- The Quick Start Guide, found in the BASICS section of the site, is perfect for self-directed learning through various mediums (video, picture, text, etc.)

#### 4 Months



Babies start paying attention to signs by the age of 4 months.<sup>3</sup>

<sup>1 2 3</sup> adapted from BabySigns® Program [www.babysigns.com/benefits-research/](http://www.babysigns.com/benefits-research/)