

# The SEL Blueprint: Practical Interventions for Nurturing Young Minds

## How-to Guide: Teaching BSL



When teaching Baby Sign Language, there are four principles you should follow:

1. **Fun** – Keep signing playful and focused on motivating signs.
2. **Repetition** – Incorporate signing in your daily routines.
3. **Encourage** – Reward progress with praise & attention.
4. **Expand** – Grow vocabulary based on your baby's interests.

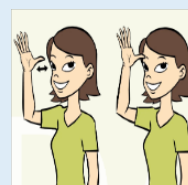
### SEL Signs To Start With

When starting out with baby sign language, you want to do just a few signs that you repeat over and over. Once your baby learns these first few signs you can expand your repertoire.

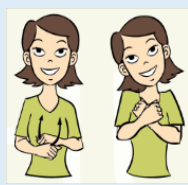
**Mom** – Mom is signed by tapping your thumb on your chin. In ASL female signs are usually below the nose, and male signs above the nose.



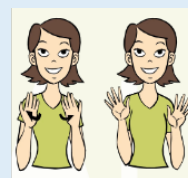
**Dad** – Dad is signed by tapping your thumb on your forehead. The signs for mom and dad are similar, however, the mom sign is performed on the chin and the dad sign is performed on the forehead.



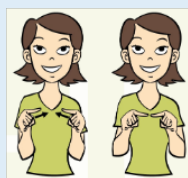
**Hug** – The hug sign is made by making each hand into a fist and crossing your arms over one another on top of your chest. This sign looks like you are giving yourself a big hug.



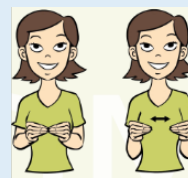
**All Done** – All Done is signed by twisting your hands back and forth. It allows baby to tell you they are finished eating (without flinging food).



**Hurt** – To sign hurt, take your two hands and make each into a fist with your index finger extended. Point the index fingers of each hand at one another and twist the two hands back and forth in opposite pivots. The sign is placed at the location of the hurt.



**More** – More is signed by tapping your fingertips together. This is a very versatile sign useful in many contexts and is often the first sign learned.



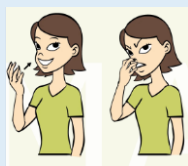
**Happy** – To sign happy, take your open hand (or both hands) and brush up your chest a couple of times.



**Eat** – Eat looks like you are putting food to your mouth, with you thumb to your fingers. Eat is particularly useful for babies on solids.



**Mad** – To sign mad, make an angry face and bring a scary-looking claw toward your face. To make the claw, use your dominant hand and spread your fingers while curving them.



**Sad** – The sad sign looks like you are making tears fall down your face. Take both hands with fingers outstretched and pull them from above your eyes down to about chest level. With emotional signs such as sad, you should make facial expressions that match the sign.<sup>1</sup>



<sup>1</sup> Adapted from [www.babysignlanguage.com](http://www.babysignlanguage.com)