

NEXT LEVEL PARENTING

Our Mission

Time to Sign, Inc. is dedicated to supporting effective and meaningful communication for children, families, caregivers, and businesses by teaching American Sign Language in a fun and educational way.

Our Workshop Agenda

- Introduction and Expectation
- Learn: Family Signs
- Song: We Are Family
- Song: ABC to Animals
- Learn: ABC to Animals
- Learn: Finger spelling your name
- Learn: Benefits to Signing with Children
- Song: What Are We Doing Today?
- Learn: Home Schedule
- Learn: Basic Signs from Birth to Five Years
- Learn: Word Rich Environment
- Learn: Labeling items around the home
- Learn: Activities to our ABC's
- Learn: Emotions Signs
- Song: If You're Happy and You Know it
- Learn: Colors Signs
- Game: Colors we are wearing
- Game: I spy colors and Shapes
- Learn: Manners Signs
- Song: Please and Thank You
- Learn: Healthy Foods
- Song: Apples and Bananas
- Learn: Discipline Signs
- Learn: Bed Time Signs
- Song: Twinkle, Twinkle Little Star
- Learn: How to Incorporating Signing Into Your Daily Routine
- Wrap up and Q&A

The Importance of Play

Play is a natural and necessary part of childhood. Every child from every culture plays. Play is a baby's life and **work**. If you think about it, early childhood is all about play -or, in reality, just one big, extended "working" vacation! It's your child's opportunity to learn, grow, and HAVE FUN. It's fun for you, too! As you play with your child, you will quickly rediscover the sheer joy of early childhood. You may also be surprised how interactive play with your baby seems to put you in touch with your own childhood memories of laughter, joy, and...yes, even tears.

While playing with your baby, you support growth and development during the most exciting and dynamic time of life. The first years are so important, and, as parents, you have been blessed with the privilege of sharing this special time of fun and games. Oh, and by the way, did you know you've been registered for Creativity Training 101? During early childhood, young children change so much. As infants become more mobile, they can enjoy exploring more and more of their environment. This mobility provides important support for development and growth in all areas/domains. Your child will begin to build motor planning schemes from sitting up, to rolling over, to crawling, and the ultimate of all milestones WALKING!

From birth to 2 years old is considered the **sensory motor stage** of development. Everything your child encounters in his environment is "taken in" through his senses. He can touch, taste, see, hear, and smell all kinds of new and interesting "stuff." He'll be able to be more social, interacting with all sorts of new friends. (Although, some of his four-legged friends may scat off in the other direction, sigh!) He will be quite pleased with his accomplishments and happy to share his new life and experiences with any and all who will listen. Remember to take the time to closely observe and listen to your baby. You will discover the most amazing and exciting things about him. He's the best teacher for learning everything you want to know about who he is, how he thinks, learns, laughs, and loves. Interacting with him will be his favorite game - no matter what you play or do.

After building a trusting and loving relationship, the next most important learning that is occurring during play is **social interaction**, as it plays a critical role in language development. There is absolutely no substitute for the power and importance of human interaction! Mom and Dad have been and will always be a child's favorite toy and game partner.

Play helps your child experiment with and learns what his or her body can do. Play tests reality and fosters development. It builds relationships. It also prepares your child for adulthood. Play touches every aspect of your child's development. It is important because it lets him discover what he is capable of under his own rules and at his own pace.

Benefits of Signing with Children:

- 2-sided brain activity that increases brain functioning
 - Visual right brain usage
 - Cognitive second language left brain usage
 - Creates additional connection or synapses in the brain
- Learning a second language makes additional language learning easier
- Raises communication awareness and abilities
- Enhances children's vocabulary
- Can create higher IQ levels in children
- Babies can communicate their pre-verbal wants and needs
- Enhances children's confidence and self-esteem
- Enhances reading skills
- Enhances fine and gross motor skills

belt – cinturón

Begin by moving “H” handshapes from each side of the waist around toward each other until the fingers overlap in the front of the waist, palms facing in.



blouse – blusa

Touch the bent middle fingers of both “5” handshapes on each side of the upper chest, and then bring them down in an arc ending with the little fingers of both hands touching the waist, palms facing up and fingers pointing toward each other.



clothes – ropa

Brush thumbs of both “5” handshapes downward on each side of the chest with double movement.



dress – vestido

Brush the thumbs of both “5” handshapes downward on each side of the chest.



hat – sombrero

With the fingers of the dominant open hand, palm down, pat the top of the head with a double movement.



pants – pantalón

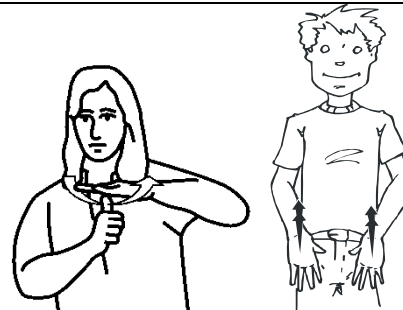
Beginning with the fingertips of both open hands touching each hip, palms facing in, move the hands upward toward the waist with a double movement.



underwear – ropa interior

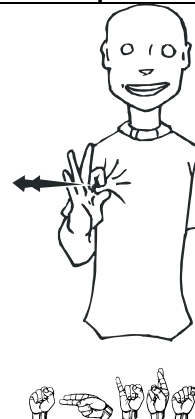
Move the dominant “A” handshape, palm facing reference, under the open reference hand, palm facing down.

Next, beginning with the fingertips of both open hands touching each hip, palms facing in, move the hands upward toward the waist with a double movement.



shirt – camisa

Pull a small portion of clothing from the upper right chest forward with the fingers of the dominant “F” handshape, palm facing in, with a double movement.



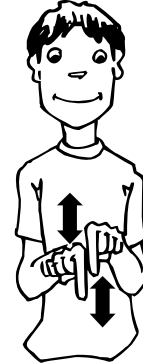
skirt – falda

Brush the thumbs of both “5” handshapes, palms facing body and fingers pointing down, from the waist downward and outward with a repeated movement.



socks – calcetín

Rub the sides of both extended index fingers back and forth with an alternating movement, palms facing down and fingers pointing forward in front of the body.



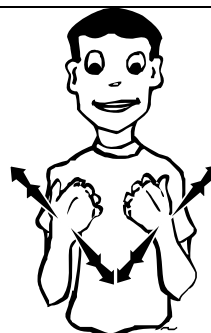
sweater – suéter

Beginning with the thumb sides of both “A” handshapes on each side of the chest, palms facing in, bring the hands straight downward.

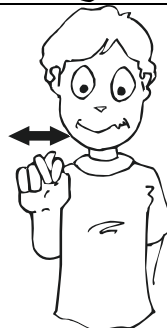


bath/bañarse

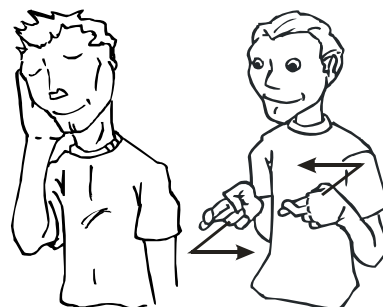
Begin with the “A” handshapes on the chest near the shoulder. Rub the “A” handshapes up and down with a double movement.

**bathroom, toilet/baño,**

Toilet: Move the dominant “T” handshape, palm facing forward, from side to side in front of the dominant shoulder with a repeated shaking movement.

**bedroom/ dormitorio**

Bed: Place the slightly curved right hand on the right cheek and tilt the head to the right.
Room: With both “R” handshapes in front of the body, palm facing each other, move the hands in opposite directions by bending the wrists, ending with the reference hand near the chest and the dominant hand several inches forward of the reference hand, both palms facing in.

**brush hair/cepillar, cepillo**

Move the palm of the dominant “A” handshape down the dominant side of the head in a repeated movement.

[Mimics brushing of the hair]

**brush teeth/cepillar los
dientes**

Move the dominant hand with the index finger point out, palm facing reference side, up and down slightly in front of the teeth.

[Mimics brushing of the teeth]



chair, sit/silla, sentarse

Tap the fingers of the “H” handshape on top of the reference “H” handshape, palms facing down with a single movement for chair and double movement for sit.

**clean, clean up, wipe/limpio, limpio, limpie**

Move the palm of the open hand from the heel to the fingers of the upturned palm of the reference open hand with a repeated movement.

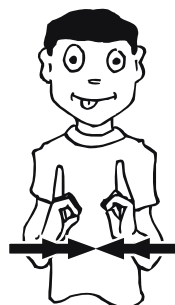
[Indicates wiping off something from your hands]

**bake, cook/hornear, cocinar**

Begin with reference open hand, palm facing down and fingers pointing to dominant side, held in front of reference side of the chest, move the dominant flattened “O” handshape, palm facing up, forward then backwards under the reference hand.

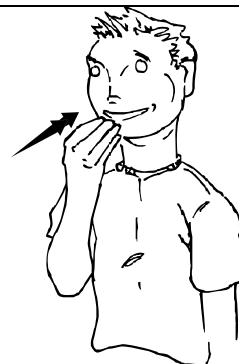
**dessert/postre**

Begin with both “D” handshapes, facing each other, and tap together twice.

**food, meals/comida, comer**

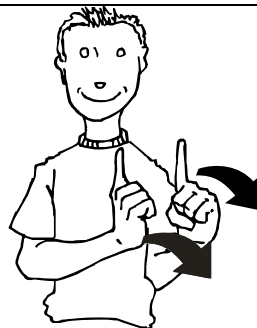
With the dominant thumb of and fingertips together in a flattened “O” handshape, palm facing down; repeatedly move the fingertips toward the lip with short movements.

[Mimics putting food in one’s mouth]



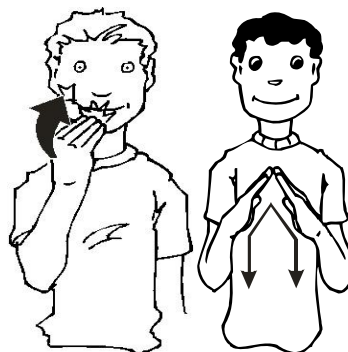
go/ir

Begin with both extended index fingers held in front of the body, fingers pointing up and palms facing each other, reference in front of the dominant hand, move the hands forward in a small arc.

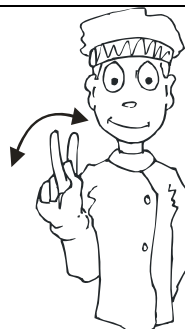
**home/hogar, house/casa**

Home: Place the tips of the flattened “O” handshape against the mouth and then the cheek, palm facing down (or place the flat hand on the cheek)

House: With both bent “5” handshapes facing each other, move downward and make the shape of house with the roof and 4 walls.

**kitchen/ cocina**

With the dominant “K” handshape, in front of the dominant side of the body, shake side to side with a double movement.

**snack/ merienda**

Move the fingertips of the dominant “F” handshape from touching the open reference palm held out in front of the chest, palms facing one another, upward with a double movement to the mouth.

**soap/jabón**

Wipe the fingers of the bent dominant handshape on the palm of the open reference hand from the fingers to the heel of the hand with a double movement, bending the dominant hand fingers back into the palm during each of the double movements.



stop/parar

Bring the little finger side of the dominant open hand, palm facing reference side, sharply down on the upturned palm of the reference open hand held in front of the body.

**table/mesa**

Start with the dominant hand raised slightly above the reference arm, move the dominant arm down onto the reference arm.

**telephone/teléfono**

Place the thumb of the dominant “Y” handshape on the ear and the little finger at the mouth, palm facing in.
[As if talking on the phone]
[Also: call]

**Washing hands**

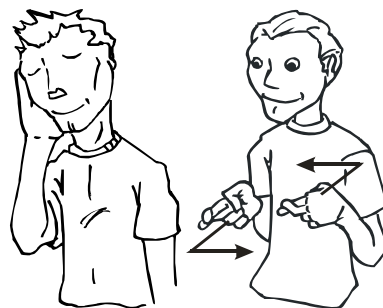
Rub the dominant “5” handshape on the top of the reference “5” handshape with double movement.
[Mimics washing your hands]



bedroom/ dormitorio

Bed: Palm motion, arm motion) Place the slightly curved right hand on the right cheek and tilt the head to the right.

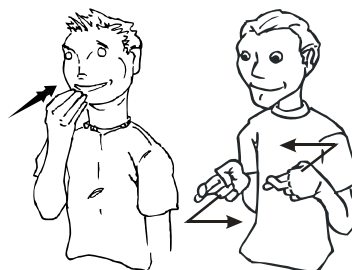
Room: With both "R" handshapes in front of the body, palm facing each other, move the hands in opposite directions by bending the wrists, ending with the reference hand near the chest and the dominant hand several inches forward of the reference hand, both palms facing in.



dining room/comedor

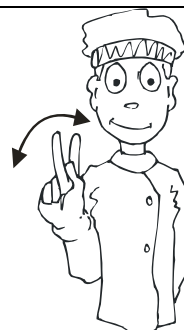
With the thumb and fingertips together, palm facing down, repeatedly move the fingertips toward the lip with short movements.

Room: With both "R" handshapes in front of the body, palm facing each other, move the hands in opposite directions by bending the wrists, ending with the reference hand near the chest and the dominant hand several inches forward of the reference hand, both palms facing in.



kitchen/ cocina

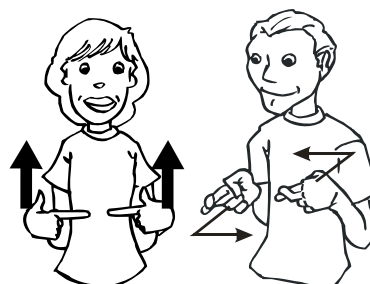
With the dominant "K" handshape, in front of the dominant side of the body, shake side to side with a double movement.



living room/sala

Living: Move both "L" handshapes, palm facing in, upwards simultaneously in front of the chest.

Room: With both "R" handshapes in front of the body, palm facing each other, move the hands in opposite directions by bending the wrists, ending with the reference hand near the chest and the dominant hand several inches forward of the reference hand, both palms facing in.



dining table/mesa de comedor

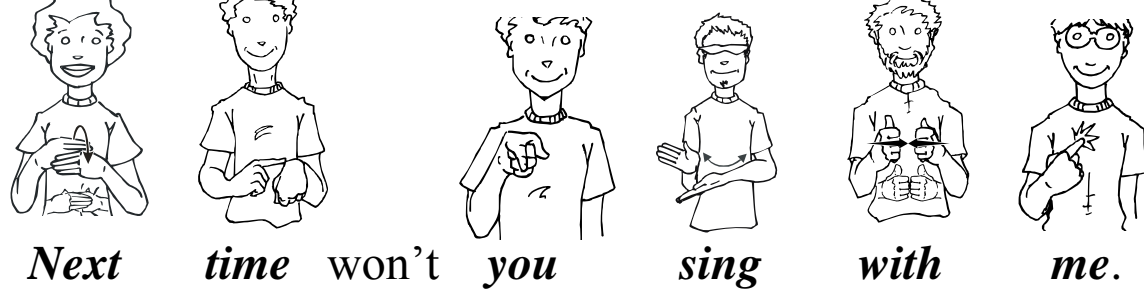
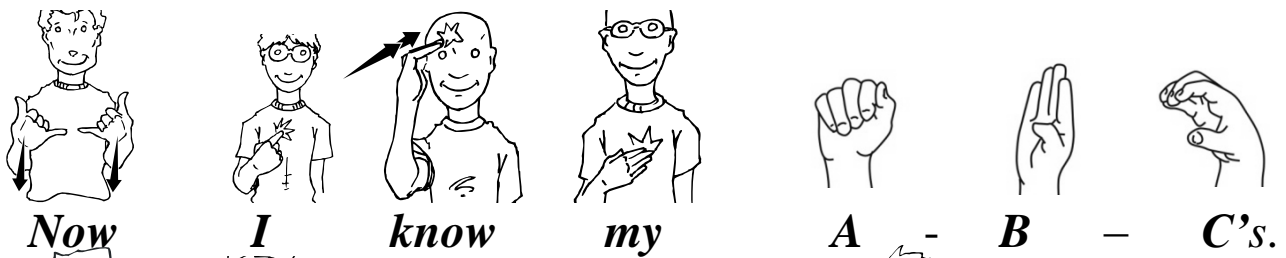
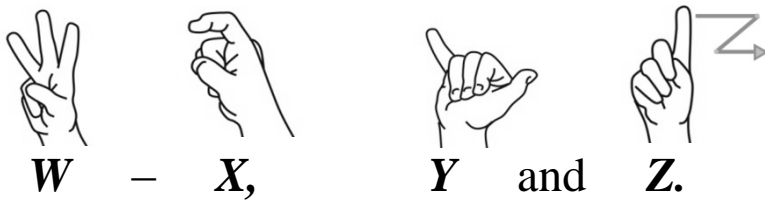
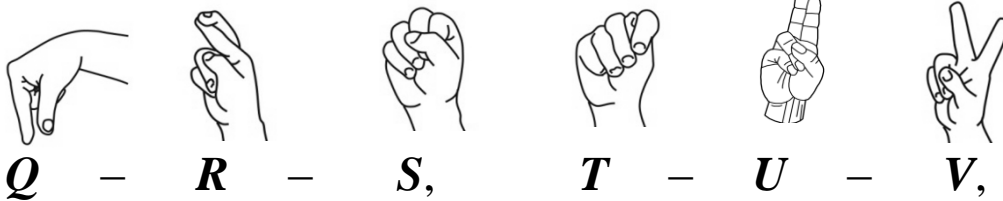
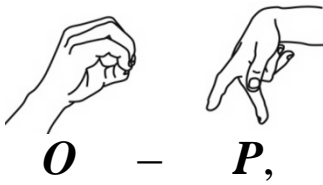
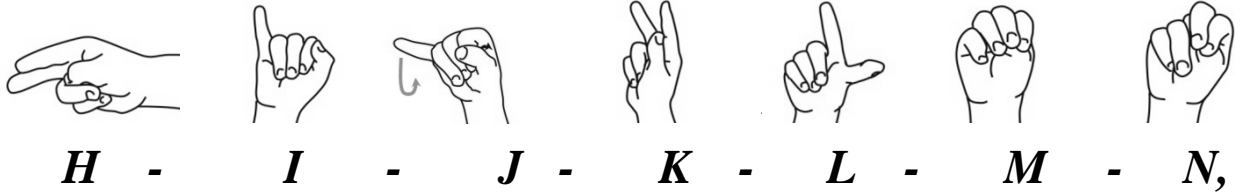
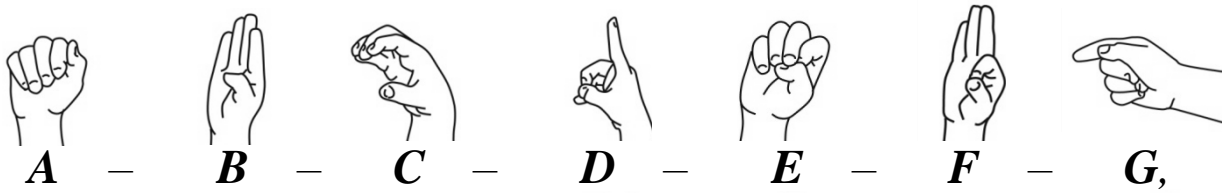
Eat: With the thumb and fingertips together, palm facing down, repeatedly move the fingertips toward the lip with short movement.

Table: Pat the forearm of the bent dominant arm with a double movement on the bent reference arm held across the chest, palm facing down.



"ABC's"

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Incorporating Signing Into Your Daily Schedule

- Learn and sign the signs for songs that you already sing with your kids. Start with the basic traditional signs all the children are already familiar with like Twinkle, Twinkle, Little Star, the ABC's Song, Six Little Ducks and the Itsy-Bitsy Spider. Then use with all songs you sing.
- Use key signs for story words that you read with your kids. Start with colors, animals, manners and emotions. Then sign topical words as appropriate to your lesson/curriculum.
- Use signs for manners whenever appropriate to use manner words such as: please, thank you, and you're welcome.
- Use common signs with infants, particularly during feeding times to help them learn to communicate while they are pre-verbal. Such as: eat, milk, more, drink, hurt, cold, hot, juice, and change.
- Sign the alphabet. Teach the children learn to fingerspell their names.
- Sign the numbers throughout the day (circle time, head counts, lunch counts).
- Sign the names of the foods with meals and snacks (animal crackers, fish, cheese and crackers, etc.).
- Teach children to sign the colors and encourage them to use both the sign and the word.
- Teach the children signs for common actions: eat, play, sing, jump, walk.
- Teach children signs for common words that they can use if they get frustrated or angry: no, stop, mine and help.
- Teach the children how to sign the names for animals that they talk about in their home, at the zoo or outside.
- Use the signs for words commonly used during daily interactions with children such as: mommy, daddy, work and home.
- Teach the children to sign "potty" when they need to use the restroom.
- Teachers use as directional/functional signs in class, such as: stop, walk please, sit, line up, clean up, come here, pay attention, careful please, keep your hands to yourself, please sit still, please wait, quite please, say your sorry, share please, say you are sorry, use your inside voice, use your manners and wash your hands.