

# Talking Hands

Using natural gesture or signs can help children learn to talk.



Signs and gestures help children understand the meaning of the words you say.

Children are often able to communicate with their hands before they can talk. This can reduce frustration for you and your child.

You don't need to buy books, DVDs or attend classes. Make up your own signs and gestures or look at websites or TV programmes for ideas, e.g. Something Special on CBBC

Signing doesn't delay the development of talking. For some children it can help it!

Many nursery rhymes already have well known actions, such as pointing, miming and waving.

## How do I start signing with my child?

- You can sign to your child from birth!
- Start with 1-2 signs or gestures at a time.
- Be patient! It may take several months before they sign too.
- Always say the word as you do the sign.
- Don't expect their signs to be perfect, but praise their attempts.

