FREE FAMILY PACK • LEVEL 1 – BEGINNER

My First Signs

Baby Sign Language for Everyday Family Life

ASL signs alongside speech for babies, toddlers and their families

MORE	EAT	DRINK	MILK
SLEEP	FINISHED	PLAY	HELP
HURT	YES	NO	THANK YOU

IN THIS PACK

12 word cards with a QR code for every sign

A four-week plan for everyday routines

4 fridge sheets to put up at home

Games and memory cards to cut out

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Welcome

How to get started with signing at home.

What is baby sign language?

Baby sign language means using a few simple signs while you talk, so little ones can tell you what they need before they have the words. The signs in this pack come from American Sign Language (ASL). This is a home-practice resource – not a complete ASL course, and not a substitute for learning from Deaf teachers.

Five simple rules

1. **Say the whole sentence**
   and sign just the key word, for example: “Do you want MORE?”
2. **Make eye contact**
   so your child can see both your face and your hands.
3. **Wait a moment**
   and give your child time to answer with a look, a sound, a word or a sign.
4. **Celebrate every try**
   without correcting. What matters is that you understand each other.
5. **Repeat in daily life**
   in the same situations, many times. That’s how signs stick.

Using the QR codes

Every word card has its own QR code. Scan it with your phone camera to open the sign on Lifeprint (ASL University), where you can watch how it is made – handshape, movement and facial expression. Watch the video a few times before you start.

Print and keep your cards

Put the pages in a binder – the left margin is extra wide for hole punching. Cut out the word cards along the dashed lines, punch a hole at the small circle in the corner and keep them on a ring. Laminate them if you can, so they survive sticky fingers. Matte laminating works best – glossy film can make QR codes harder to scan.

Four-week plan

Three new signs a week. Go at your own pace – it's fine if a week takes longer.

WEEK 1

At mealtimes

MORE · EAT · DRINK

Use the signs at every meal. Pause after the question so your child has time to respond.

WEEK 2

Evening and bedtime

MILK · SLEEP · FINISHED

Keep the evening the same every day: milk, brushing teeth, "All FINISHED?" and "Time to SLEEP."

WEEK 3

Play and needs

PLAY · HELP · HURT

Follow your child's play. Offer HELP before frustration builds, and ask if it HURTS when your child gets a bump.

WEEK 4

Yes, no and thank you

YES · NO · THANK YOU

Let your child choose between two things and show that both YES and NO are fine answers.

Word cards

01 · WEEK 1

MORE

SAY AND SIGN

Do you want MORE?

WHEN

When your child has finished and seems to want more.

Watch the sign

Scan the QR code with your phone

Practiced: ☐ ☐ ☐

02 · WEEK 1

EAT

SAY AND SIGN

Time to EAT.

WHEN

Right before you sit down at the table.

Watch the sign

Scan the QR code with your phone

Practiced: ☐ ☐ ☐

03 · WEEK 1

DRINK

SAY AND SIGN

Do you want a DRINK?

WHEN

When you bring out the cup or water bottle.

Watch the sign

Scan the QR code with your phone

Practiced: ☐ ☐ ☐

04 · WEEK 2

MILK

SAY AND SIGN

Do you want MILK?

WHEN

At breakfast, snack time or before bed.

Watch the sign

Scan the QR code with your phone

Practiced: ☐ ☐ ☐

Word cards

05 • WEEK 2

SLEEP

SAY AND SIGN

Time to SLEEP.

WHEN

In your bedtime routine, the same way every night.

Watch the sign

Scan the QR code with your phone

Practiced: ☐ ☐ ☐

06 • WEEK 2

FINISHED

SAY AND SIGN

All FINISHED?

WHEN

When the meal, bath or game is over.

Watch the sign

Scan the QR code with your phone

Practiced: ☐ ☐ ☐

07 • WEEK 3

PLAY

SAY AND SIGN

Do you want to PLAY?

WHEN

When you bring out the toys.

Watch the sign

Scan the QR code with your phone

Practiced: ☐ ☐ ☐

08 • WEEK 3

HELP

SAY AND SIGN

Do you need HELP?

WHEN

When something is hard, like a lid or a jacket.

Watch the sign

Scan the QR code with your phone

Practiced: ☐ ☐ ☐

Word cards

09 • WEEK 3

HURT

SAY AND SIGN

Does it HURT?

WHEN

When your child has bumped themselves or seems to be in pain.

Watch the sign

Scan the QR code with your phone

Practiced: ☐ ☐ ☐

10 • WEEK 4

YES

SAY AND SIGN

Want a banana? YES!

WHEN

When your child gets to choose between two things.

Watch the sign

Scan the QR code with your phone

Practiced: ☐ ☐ ☐

11 • WEEK 4

NO

SAY AND SIGN

You can say NO.

WHEN

When your child doesn't want something – no is communication too.

Watch the sign

Scan the QR code with your phone

Practiced: ☐ ☐ ☐

12 • WEEK 4

THANK YOU

SAY AND SIGN

THANK YOU!

WHEN

When someone gives something or helps.

Watch the sign

Scan the QR code with your phone

Practiced: ☐ ☐ ☐

FRIDGE SHEET · WEEK 1

At mealtimes

THIS WEEK'S SIGNS	MON	TUE	WED	THU	FRI	SAT	SUN
MORE Do you want MORE?	☐	☐	☐	☐	☐	☐	☐
EAT Time to EAT.	☐	☐	☐	☐	☐	☐	☐
DRINK Do you want a DRINK?	☐	☐	☐	☐	☐	☐	☐

How we do it

- Use the signs in the same situation every day, so your child knows what's coming.
- Tick the box when you've used the sign. It's enough that you sign – your child doesn't have to answer.

Your child's signals and attempts

FRIDGE SHEET · WEEK 2

Evening and bedtime

THIS WEEK'S SIGNS	MON	TUE	WED	THU	FRI	SAT	SUN
MILK Do you want MILK?	☐	☐	☐	☐	☐	☐	☐
SLEEP Time to SLEEP.	☐	☐	☐	☐	☐	☐	☐
FINISHED All FINISHED?	☐	☐	☐	☐	☐	☐	☐

How we do it

- Use the signs in the same situation every day, so your child knows what's coming.
- Tick the box when you've used the sign. It's enough that you sign – your child doesn't have to answer.

Your child's signals and attempts

FRIDGE SHEET · WEEK 3

Play and needs

THIS WEEK'S SIGNS	MON	TUE	WED	THU	FRI	SAT	SUN
PLAY Do you want to PLAY?	☐	☐	☐	☐	☐	☐	☐
HELP Do you need HELP?	☐	☐	☐	☐	☐	☐	☐
HURT Does it HURT?	☐	☐	☐	☐	☐	☐	☐

How we do it

- Use the signs in the same situation every day, so your child knows what's coming.
- Tick the box when you've used the sign. It's enough that you sign – your child doesn't have to answer.

Your child's signals and attempts

FRIDGE SHEET · WEEK 4

Yes, no and thank you

THIS WEEK'S SIGNS	MON	TUE	WED	THU	FRI	SAT	SUN
YES Want a banana? YES!	☐	☐	☐	☐	☐	☐	☐
NO You can say NO.	☐	☐	☐	☐	☐	☐	☐
THANK YOU THANK YOU!	☐	☐	☐	☐	☐	☐	☐

How we do it

- Use the signs in the same situation every day, so your child knows what's coming.
- Tick the box when you've used the sign. It's enough that you sign – your child doesn't have to answer.

Your child's signals and attempts

Play together

Short games that make signing fun. Stop while it's still fun.

Show and guess

Sign a word and say it. Your child points to the right thing – a cup, a pillow or a toy. Swap roles whenever your child wants.

Memory

Print the memory card page twice and cut out the cards. Lay them face down. When you find a pair, sign the word together.

Sign hunt

Put three word cards on the table. Walk around the house and look for things that match – milk in the fridge, a bed to sleep in, a toy to play with.

The teddy asks

Let a teddy bear ask the questions: "Do you want MORE?" "All FINISHED?" Many children love answering a doll or a soft toy.

Memory cards

Print this page twice, cut along the lines and play memory.

MORE	EAT	DRINK
MILK	SLEEP	FINISHED
PLAY	HELP	HURT
YES	NO	THANK YOU

Sources and good to know

The QR codes in this pack link to Lifeprint – ASL University, created by Dr. Bill Vicars. Each code opens the page for that sign, where it is shown on video.

lifeprint.com

Good to know

- This pack uses ASL signs as support for speech in everyday family life. It is not a complete ASL course – ASL has its own grammar, and English word order is not ASL.
- Some signs have variations. The video always shows the sign best.
- If your child is Deaf or hard of hearing, or needs more support with communication, ask your pediatrician, an early intervention program or a speech-language pathologist about next steps – and consider learning ASL from Deaf teachers.
- More levels are coming: Level 2 – Intermediate and Level 3 – Advanced, with new words and activities.

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