



babysign Classes

What happens in a babysign class?

www.babysign.co.uk

Introduction

When you have a baby, the classes available to you and your baby are almost overwhelming. Which ones should you do? Which ones will you enjoy the most? More importantly, which ones will your baby enjoy? Even more importantly, which ones will you and your baby benefit from the most?

Baby classes cost you money and time and you can't make every class available to you, so it is sometimes difficult to choose or prioritise which ones you go to and which ones you have to sit out.

It all depends on what you want to get out of the class. What is your aim?





What do parents want from a class?

1. Something that aids their baby's development
2. Fun- for both the parent and baby
3. Learning opportunities for baby and parent
4. Skills for parents to learn and use at home
5. A relaxed environment that isn't intimidating for new mums and dads
6. To meet other like-minded parents that have the same interests as you
7. A multisensory environment

babysign encapsulates all of these



How do classes aid your child's development?

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Supports your baby's development

The multisensory aspects of a babysign class not only keep your baby engaged and entertained, but by exposing your baby to these experiences from birth advances their brain structure.

During the first three months of a baby's life, two million neural connections are created every second, which is why sensory stimulation is vital for them (Findings from Dr Lin Day, Child Development Specialist, 2006).

These experiences, along with learning to sign from such an early age lay the foundations for your baby's learning and give them a great head start.

babysign classes are planned and taught with all areas of your baby's development in mind. They aid development in the following ways:

Cognitive Development

- ❑ developing turn taking
- ❑ naming and matching objects
- ❑ recognising animal noises
- ❑ learning about routines
- ❑ learning to make choices.





Social Development

- ❑ interacting and developing relationships with others, once again establishing turn taking and self control
- ❑ building on communication skills, including clapping and waving, both spontaneously and on demand
- ❑ enjoying joint play with adults, actively switching attention between objects and adults (coordinated joint attention).
- ❑ manipulating toys- understanding they can shake a toy to make noises and listening with pleasure to sound making objects
- ❑ giving toys to adults on request and sometimes spontaneously
- ❑ finding hidden toys - 'Who's in the bag?'



Speech & Language Development

- ❑ locating sounds from different directions and responding to their own name
- ❑ recognising and responding to familiar songs- trying to join in, vocalising and imitating
- ❑ babbling and making noises as a response to conversation
- ❑ understanding of words, responding to these and understanding simple instructions, e.g. taking an animal out of the bag or choosing a flash card
- ❑ following the gaze of an adult and pointing to objects followed by looking back at adults for a reaction, often making requests or gaining the attention of the adult
- ❑ developing vocabulary through the weekly signs and songs in every class
- ❑ encouraging earlier speech and a widened vocabulary when baby begins to talk





Fine Motor & Gross Motor Skills

- ❑ holding cuddly toys, musical instruments and other props
- ❑ picking up objects (out of the bag or when choosing flash cards)
- ❑ using instruments -tapping or shaking them.
- ❑ supporting your baby in sitting so that they are engaged in the class, developing head control and independent sitting
- ❑ carrying out actions to songs encourage movements such as marching and jumping
- ❑ encouraging babies to move independently, e.g. rolling or crawling, to explore the environment and sensory toys



Engaging

- ❑ The range of multisensory objects, used in a babysign class, including sounds, colours and textures keeps your baby engaged and entertained, especially as babies are fascinated with everything.
- ❑ Babies and toddlers love the music and are often seen dancing, smiling and clapping.
- ❑ Babies pay great attention to the signing in the classes, often watching adults' hands and looking around.
- ❑ The songs used in babysign classes vary from traditional nursery rhymes, to more contemporary children's songs that link to the weekly core signs.
- ❑ Some songs are repeated every week for recognition and reinforcement, but with an array of songs it means that classes are never boring.
- ❑ Each week, we find out 'Who is in the bag'. These are different animals used for songs each week. Babies love the anticipation of picking out and discovering 'who' is inside the bag.
- ❑ Our babysign teachers are energetic, fun and friendly, and easy for you and your baby to bond with and learn from.

Educational

- ❑ In babysign classes, not only are the babies learning, but so are the parents.
- ❑ By teaching your baby to sign, you are giving them an opportunity to communicate with you before they can say the words. It means that before long, you will know exactly what your baby wants or why they are crying, which will make your life as a parent easier on a day to day basis.
- ❑ At babysign we use vocabulary based on British Sign Language, which is a recognised language. Although you are only learning the vocabulary, you, as parents are effectively learning another language. For babies, this is the equivalent of learning another spoken language.
- ❑ The language centre in your baby's brain (which usually closes between the ages of three and four) is kept open for longer, meaning that they will be more receptive to learning other languages as they grow up.
- ❑ Studies have proven that learning to sign can increase a child's IQ by 12 points.
- ❑ Core signs are taught weekly, which are consolidated in some of the songs, recapped at the end of the class and at the beginning of the following class.
- ❑ Newsletters are emailed to parents after each class with the reminders of the songs, tips for signing at home and signing support.
- ❑ A babysign class encourages learning for everyone making signing with your baby simple.



Relaxed Environment

- ❑ We limit our classes to 10-12 per class to keep them relaxed, personal & sociable.
- ❑ Our teachers ensure all parents and babies are an active part of the class and our 'Hello' and 'Goodbye' songs allow all parents to get to know each other and before long a small community is formed.
- ❑ The setup of our classes mean that parents can talk about their babies with each other, share stories and offer advice to each other before and after classes.
- ❑ Our teachers are either parents themselves or have worked with babies for a long time, so know exactly how you feel and are always there for you to answer any questions or support on how to communicate with your baby.



Meet like minded parents

- ❑ You have something in common with every other parent in your babysign class. Ultimately, you all want what is best for your baby. You want to give them an opportunity. You want to give them a stepping stone to achieving the absolute best in their future. And you all want to learn a new skill yourselves. This gives you a great platform for conversation.
- ❑ It also means that not only will you be learning from what your babysign teacher is teaching you but you will learn from each other as well and make lots of new friends.
- ❑ You have the opportunity to do an Improver's course after your beginner's course, which means you will get to know other parents really well and build a community.





Thank You

Interested in more info?

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