

Gestures Worksheet

This sheet is a summary about the strategy of **'Gestures'** and why they're effective for improving your little one's language development.

1 What are gestures?

Using Gestures means adding hand motions and other physical gestures when you talk to your child to help them understand and use language better. By combining gestures with spoken words, you give a visual clue about what the words mean, making it easier for your child to learn and remember new vocabulary.

2 Why are gestures effective for improving communication skills?

Using Gestures is effective because it provides visual reinforcement, helping children understand and remember new words. Gestures capture and hold a child's attention better than words alone, making learning moments more engaging and interactive. Additionally, using gestures aligns with children's natural tendency to communicate non-verbally before they can speak, encouraging them to continue trying to communicate. By consistently pairing gestures with words, children can more easily make connections between the two, enhancing their language development.

How to Use Gestures

1 Get face to face

Observe how you typically interact with your child. Are you at their eye level, or are you above them? Make a list of all the interactions with your little ones in daily life that you aren't getting face to face.

2 Create a gesture for a word or phrase

During playtime, sit on the floor with your child instead of on a couch or chair. At mealtime, sit across from your child at the table rather than beside or above them.

3 Repeat the same gesture for a word

Make sure you can see your child's eyes and they can see yours. This helps in reading facial expressions and understanding emotions.

4 Speak at the same time as using a gesture

Make sure you can see your child's eyes and they can see yours. This helps in reading facial expressions and understanding emotions.

Example Gestures:

These are some of the example gestures that you could add into your daily routine.

Stop

When you want your child to stop you can add in this hand gesture to show them what you want.



Holding Your Hand Out

When you want your child to hold your hand, for example before you cross the road, hold your hand out to indicate this is what you are wanting.



Clapping

When your child has done a good job or had success add in some clapping to show them this.



Waving

When you greet / say goodbye to your child or others, add a wave.



Pointing

Point to the thing you are talking about e.g when you want your child to get their shoes, point to the shoes as you ask them.



Thumbs Up

When saying good job or nice work to your child, add in a thumbs up gesture as well.

