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Bath Time and Bedtime

BATH TIME AND BEDTIME are filled with rituals that offer comforting predictability and quality up-close time.

You'll learn some great bath time signs in this chapter, like **BATH** (page 71), **BUBBLES** (page 72), **HOT** (page 73), and **COLD** (page 73). If you have a rubber **DUCK** (page 111) or other bath toys, you can look for the signs for them in chapters 6 and 7. You'll probably want to practice these signs *before* your baby is in the tub since you'll have your hands full. If you need one of your hands to support your baby in the tub, you can always modify signs as needed to sign with one hand.

Bedtime and naptime are things babies experience every day, multiple times a day, so why not add some signs into these regular activities? You've already learned some excellent signs for bedtime, like **BED** (page 29), **LIGHT** (page 32), and **BOOK** (page 34) in chapter 2. In this chapter, you'll learn how to sign **BRUSH TEETH** (page 75), **BLANKET** (page 75), **MOON** (page 76), and **STAR** (page 77), as well as two fun end-of-day activities for your bedtime routine.



bath time signs

bath



Make fists with both hands and gently rub your chest.

* Memory tip

It's like you're washing your body in the bath.

🕒 When to use the sign

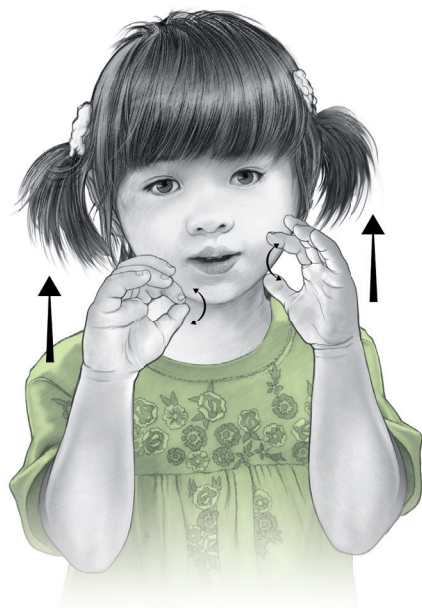
Sign **BATH** when you start running the water for a bath. During bath time, when you may be using one hand to support your baby, you can modify the sign by doing it with your other hand on either yourself or the baby. When it's time to get out and dry off, don't forget to sign **ALL DONE** (page 28)!

👁️ What to look for

It might look like your baby is wiping his body with open hands.

*When my first baby was about 16 months old, we bought a small water table for her to play with out on the deck in the summer. When my husband first took it out of the box and popped it together, before we even added water, my daughter climbed in it, sat down, and signed **BATH**. It was hilarious!*

bubbles



With both hands, make the O handshape (page 142), then open them as you alternate raising each hand.

* Memory tip

It's like bubbles floating up into the air and popping.

🕒 When to use the sign

Babies love bubbles, so this is a really fun and motivating sign to teach. Most babies will naturally reach up to try and touch the "bubbles," which is a great opportunity to cheer them on even though they may not be making the sign. As they reach for the bubbles, you can say, "That's right! **BUBBLES!** Good job signing. Catch the **BUBBLES** with your hands. Pop!"

👁️ What to look for

It might look like your baby is waving or signing **MILK** (page 25) or **LIGHT** (page 32) with both hands.

*In my classes, I blow bubbles at the end of each class. I always know the biggest bubbles fans because they start signing **BUBBLES** as soon as they see me!*

hot



Place your dominant hand in front of your mouth with all your fingers curved in toward your mouth, then very quickly twist your hand around away from your mouth.

* Memory tip

It's like you're quickly taking something too hot out of your mouth and throwing it away.

🕒 When to use the sign

Sign **HOT** if the water is too hot to get in the tub. You can also sign **HOT** when food is too warm to eat or as a warning not to touch the stove. You can introduce this sign safely by letting your baby touch something warm (like the outside of a bowl with warm food) and sign **HOT** so she understands the sensation. Of course, be very careful about this, and use common sense!

cold



Hold your arms close to your body with closed fists and shake them quickly.

* Memory tip

It's like you're shivering from the cold.

🕒 When to use the sign

Sign **COLD** if your baby is shivering or when you're drying him off after the bath. Like introducing the sign for **HOT**, you can let your baby quickly touch something cold (like a bag of frozen peas or a chilled teether) and sign **COLD** so he understands the sensation.

👁️ What to look for

Babies tend to nail this one! It's such a natural reaction to feeling cold that they often pick up this sign pretty easily.

*There's nothing cuter than a freshly bathed baby doing the sign for **COLD**!*

bedtime signs

brush teeth



Place your pointer finger in front of your teeth and move it up and down.

* Memory tip

It's like your finger is your toothbrush.

🕒 When to use the sign

Let your baby hold his toothbrush while you demonstrate the sign for **BRUSH TEETH**. Have fun and make silly faces as you thoroughly **BRUSH TEETH** with your finger!

👁️ What to look for

Baby will likely poke his finger in his mouth.

blanket



Start with your fingers pointing down in front of your body. Bring your fingers and your thumbs together and pull your hands up toward your chest.

* Memory tip

It's like you're pulling up a blanket.

🕒 When to use the sign

BLANKET is a helpful sign if your baby has a "lovey." If you think she wants her lovey, say, "Do you want your **BLANKET**?"

👁️ What to look for

It might look like your baby is rubbing her chest with both hands or tucking a fist under her chin.