

Strategy Spotlight Sheet: Using Gestures

What It Is

Using gestures means adding simple actions with your hands or body—like waving, pointing, or reaching—while you talk. In doing this, you help your child understand and express ideas.

Why It Helps

Gestures are a natural part of how children learn to communicate. Gestures help bridge the gap between understanding and speaking. Children often use gestures before they use words.

Try It Out

- Wave “bye-bye” when someone leaves.
- Point to the snack you’re offering and say, “Want more?”
- Hold your hands up and shrug when something is all gone and say, “All done!”

Next Steps

- Notice what gestures your child already uses.
- Add gestures to the words you say throughout the day.
- Celebrate when your child tries a new gesture and keep modeling regularly.

Notes:
