

Znakovno sporazumevanje za dojenčke in malčke

Sign communication for babies and toddlers

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Znakovno sporazumevanje za dojenčke in malčke na nek način izhaja iz znakovnega jezika. Strokovnjaki, ki se ukvarjajo z dojenčki in malčki, so ugotovili, da lahko, še preden otroci začnejo govoriti, z otroki uporabljamo znake, kar pomeni, da premostimo čas, ko malčki še ne govorijo, torej čas pred prvim letom. Vemo, da se besede pri otrocih začnejo pojavljati tam okrog prvega leta. Pogosto pa celo do drugega leta otrokove starosti otroka ali ne razumemo ali pa skorajda nič ne govori.

Signing communication for babies and toddlers is in some ways derived from the sign language. Experts working with babies and toddlers have found that even before children start talking, we use signs with children, which means that we can overcome the time when babies do not speak, that is, the time before the first year. We know that words begin to appear when children are around one year old. Often, even until the second year of the child's age, we do not understand the child or he does not speak at all.

Kako pa smo znakovno sporazumevanje za dojenčke in malčke začeli uporabljati v Sloveniji? Metodo smo začeli razvijati leta 2010 v evropskem projektu Tiny Signers. To je bil projekt, ki je trajal dve leti in skupaj z Avstrijo, Litvo, Veliko Britanijo in seveda Slovenijo smo razvijali metodo znakovnega sporazumevanja. Ne gre torej za znakovni jezik. Mi dojenčku ponudimo le posamične znake. Ti jih uporabljajo, dokler jih potrebujejo.

How did we begin to use sign communication for babies and toddlers in Slovenia? We began to develop the method in 2010 in the European project Tiny Signers. This was a project that lasted two years and, together with Austria, Lithuania, Great Britain and, of course, Slovenia, we developed a method of signing communication. Therefore it is not a sign language. We only offer individual signs to the children. They use them as long as they need it.

Kako pa je ta metoda uporabna tudi pri gluhih otrocih? Sedaj, odkar ima ogromno otrok polžev vsadek, je metoda zelo uporabna tudi pri gluhih in naglušnih otrocih; za njihove začetke, za začetke srečevanja s slovenskim znakovnim jezikom. Zato, da ta jezik približamo tudi staršem majhnih gluhih otrok.

How does this method also apply to deaf children? Now, when a lot of deaf children have a cochlear implant, the method is very useful for deaf and hard of hearing children; for their beginnings, for the beginnings of encountering the Slovene sign language. In order to bring this language closer to the parents of small deaf children.

Ampak, kot sem že povedala, ta metoda ni primerna le za gluhe otroke, ampak prav za vse otroke in lahko jo uporabljamo že od rojstva naprej.

But, as I have already said, this method is not only suitable for deaf children, but for all children, and we can use it since birth.

Kako pravzaprav začnemo z znakovnim sporazumevanjem za dojenčke in malčke? Predlagam, da začnemo tam pri četrtem, šestem mesecu, ko otrok že napol sedi, ko postaja bolj odziven, ko se že bolj ločuje od svojih staršev, ko ga začenja zanimati svet okoli sebe.

How do we actually begin with signing communication for babies and toddlers? I suggest that we begin at the age of 4, 6 months when the child is half-sitting, when he becomes more responsive, when he separates himself from his parents and when he is interested in the world around him.

Takrat otroku ponudimo nekaj znakov. To so znaki, ki jih otrok v tistem času potrebuje in pozna. Na primer zelo primeren znak je znak za jesti ali za mleko.

Then we offer some signs to the child. These are signs that the child needs and knows at that time. For example, a very suitable sign is a sign for eating or for milk.

Otrok se postopoma nauči, da vedno, ko mu mama pokaže znak za mleko, on začenja razumevati, da je to povezano s hranjenjem. Po mesecu, dveh, morda tudi treh, bo tudi otrok sam začel uporabljati znak.

The child learns gradually that whenever his mom shows him a sign for milk, he begins to understand that this is related to feeding. After a month, two, or possibly three, the child will also begin to use the sign himself.

V tujini so ugotovili, da so znaki izredno uporabni. Zmanjšujejo frustracije pri otrocih, otroci se lahko izrazijo, povejo svoje potrebe, tudi njihov jezik se veliko hitreje razvija.

Abroad they found out that the signs are extremely useful. They reduce frustration for children, children can express themselves, tell their needs, and their language develops much more quickly.

Tudi jaz sem uporabljala znake pri svoji hčerki. Z uporabo sva začeli pri njenih štirih mesecih. Približno do drugega leta je uporabljala kar precej znakov. Aktivno nekako 80 znakov, vmes pa je že začela govoriti. Njen sluh je čisto običajen, nima nobene izgube, ampak vseeno so ji znaki izredno koristili. Pri 14 mesecih je že znala pokazati prav dolg stavek: »Babica, ni-ni, pa-pa, avto.« Videla sem, kako veliko že tako majhen otrok razmišlja.

I also used signs with my daughter. We started using them when she was 4 months old. Approximately until she was two years old she used quite a lot of signs. She was actively using around 80 signs, but she was already starting to talk in the meantime. Her hearing is normal, she has no hearing loss, but the signs were extremely useful for her. At 14 months she could already show a long sentence: »Grandma, no-no, bye-bye, car.« I've seen how much a very small child can express.

Sedaj pa lahko pogledamo, kako pomembno je to šele za gluhe otroke. Še posebej, če imajo slišče starše in tudi, če se bodo odločili za operacijo s polževim vsadkom, je tukaj še vedno skorajda eno leto, dokler ti otroci ne bodo operirani in nujno potrebujejo znakovni jezik.

Now we can look at how important this is for deaf children. Especially if they have hearing parents and even if they decide to have a surgery (cochlear implant), there is almost a year until these children are operated and therefore necessarily need a sign language.

V našem projektu Tiny Signers smo se odločili, da vsak narod, vsaka država uporabi svoj nacionalni znakovni jezik in da res izhajamo iz naše gluhe skupnosti. Tudi za to idejo smo prejeli evropsko jezikovno priznanje.

In our Tiny Signers project, we have decided that every nation, every country uses its national sign language and that we really come from our Deaf community. We also received European language award for this idea.

Znakovni jezik je zelo uporaben tako za slišče, nujen pa za gluhe otroke. Svetovala bi, da se vsi starši gluhih otrok vključijo v te tečaje, saj bodo vedno korak pred majhnim dojenčkom. Oni se zlahka naučijo tudi 100 znakov v enem dnevu ali pa v nekaj dneh, majhen dojenček pa se bo do prvega leta zelo počasi učil. Šele po prvem letu se začne tista eksplozija, da znake res izredno hitro osvajajo in se lahko na dan naučijo celo nekaj znakov.

Sign language is very useful for hearing children and it is necessary for deaf children. I would advise all parents of deaf children to get involved in these courses, as they will always be a step in front of their babies. They can easily learn 100 signs in one day or within a few days. A small baby will learn

very slowly until the first year. It is only after the first year that the explosion starts, that the children learn signs really fast and they can learn a few signs per day.

Verjamem, da je za družine, ko se srečujejo z gluhoto v prvih mesecih to izredno zahtevna naloga. Nekaj neznanega. Prej se z gluhi niso srečevali, sedaj imajo otroka, ki je gluh. Menim, da je znakovno sporazumevanje lahko tisti most, ki pomaga, da starši in družina naredijo nekaj oprijemljivega, nekaj, kar zmanjšuje tudi njihov stres, takrat, ko se soočajo z izgubo sluha v svoji družini.

I believe that for families when faced with deafness in the first months this is an extremely demanding task. Something unknown. Previously, the parents did not meet any deaf person, but now they have a child who is deaf. I think that sign communication can be the bridge that helps parents and the family do something tangible, something that also reduces their stress when they are confronted with a hearing loss in their family.

Zelo pomembno je, da otrok tudi pred operacijo polževega vsadka razumeva, zakaj pravzaprav gre. Torej, da bo šel na operacijo, da bodo določene preiskave, da res razume, da gre v bolnico. Pri vsem tem mu lahko pomagamo.

It is very important that the child understands what is going on even before the cochlear implant surgery. So that the child understands he will go to the surgery and that there will be some examinations. That he really understands, that he is going to the hospital. With all this, we can help the child.

Tudi v fazi rehabilitacije, ko otrok polžev vsadek že pridobi, veliko lažje spremlja navodila, če mu jih dajemo v znakovnem jeziku.

Even in the rehabilitation phase, when a child gets a cochlear implant, it is much easier to follow the instructions if given to him in the sign language.

Zato sem že 20 let nazaj začela razmišljati o znakovnem sporazumevanju in njegovi uporabi tudi v našem Zavodu za gluhe in naglušne Ljubljana. Sedaj bi lahko rekla, da metoda živi. Izdali smo tudi knjige v okviru projekta Tiny Signers. V okviru drugih projektov izvajamo tudi svetovanja.

That's why 20 years ago I started to think about sign communication for babies and toddlers and using it in our Ljubljana School for the Deaf. Now I could say that the method lives. We also published books under the Tiny Signers project. Within other projects we also provide consultations.

Danes je z mano tukaj tudi Miha Značek. To je lutka, ki pomaga majhnim otrokom, da se lažje naučijo prvih znakov v znakovnem jeziku. Lutka otroke res privlači. Le redkokateri se je ustraši, kljub temu, da je tak, z dolgimi lasmi.

Today Miha Značek is here with me. It is a puppet which helps small children to learn the first signs in sign language. The puppet really attracts children. Only a few are scared though it is with long hair.

Pomembno pa je, ker ima tudi roke in mi kažemo znake z Mihčevimi rokami. Na teh tečajih za dojenčke in malčke in starše lahko skupaj kaj zapojemo, pokažemo kakšne znake in vse je bolj igrivo.

It is important, because it also has arms and we show signs with Miha's hands. At these courses for babies and toddlers and parents, we can sit down together, show some signs, and everything is more playful.

Uporabljamo tudi majhne figurice na primer za živali, ropotuljice in pa kakšne igrače za majhne dojenčke.

We also use small figurines, for example for animals, rattles, and some other toys for small babies.

ERASMUS PLUS, KA2; From Theory To Practice

Tako da svetujem tudi udeležbo na tečajih znakovnega sporazumevanja, ne glede ali so otroci gluhi ali slišči.

So I also advise you to attend sign language courses, regardless of whether the children are deaf or hearing.

Ta Miha Znahec je bil narejen v okviru našega projekta Tiny Signers.

This Miha Znahec was created as part of our Tiny Signers project.