



Baby Talk: Resources to Support the People Who Work with Infants and Toddlers

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Talking to Infants Supports Their Brain Development

A survey of families found that advice given at babies' one-month well-child visits focused more on feeding and the baby's weight than on development or learning. For families who want to nurture their child's brain development, talking, reading, and singing from day one are the strategies to pursue. These actions help create a language-rich environment that supports babies' brain growth. [Read more or watch a video in English or Spanish at https://www.childtrends.org/videos/parents-prescription-talk-read-and-sing](https://www.childtrends.org/videos/parents-prescription-talk-read-and-sing)

Building Strong Foundations: Racial Inequity in Policies that Impact Infants, Toddlers, and Families

ZERO TO THREE and CLASP recently published [this brief](https://www.clasp.org/sites/default/files/publications/2018/11/Building%20Strong%20Foundations%20Racial%20Equity%20Brief.pdf) to address policies that prevent racial equity and their negative impact to infants, toddlers, families, and surrounding communities. Recommendations to design new or reformed policies that reduce racial disparities are provided. <https://www.clasp.org/sites/default/files/publications/2018/11/Building%20Strong%20Foundations%20Racial%20Equity%20Brief.pdf>

Toddlers Need More Laps Than Apps

In a December 2018 [interview with leading pediatrician, Dr. Dimitri Christakis](https://www.cbsnews.com/news/groundbreaking-study-examines-effects-of-screen-time-on-kids-60-minutes/), Director of the Center for Child Health, Behavior and Development at Seattle Children's Hospital, he explains that toddlers are depending more and more on screens for self-soothing. When toddlers are left on their own with the device, they are "missing out on those critical human interactions" during a vulnerable period of brain development. He states that "toddlers need laps more than apps" and promotes the recommendation of the American Academy of Pediatrics to avoid digital media use for children under age 2. Read more and watch a related video at <https://www.cbsnews.com/news/groundbreaking-study-examines-effects-of-screen-time-on-kids-60-minutes/>

How to Raise a Reader

From the moment you're expecting your first child, you are bombarded with messages about the importance of reading. For good reason: The benefits of reading at every stage of a child's development are well documented. This article offers strategies for building the capacity to read in infants and toddlers that are fun, rewarding and relatively easy. <https://www.nytimes.com/guides/books/how-to-raise-a-reader>

Screen Sense: Impact of Media Use on Children Under 3

ZERO TO THREE has created evidence-based [screen sense resources](https://www.zerotothree.org/resources/series/screen-sense) to assist caregivers of children under 3 years old to assess safe media content and usage for young children. The site includes a tool for choosing content and guidance on how to be a screen use role model for young children. <https://www.zerotothree.org/resources/series/screen-sense>

Lullabies of the World

Looking for international lullabies? The European Choral Association offers free access to recordings, scores, sing-alongs, and pronunciation of the lyrics. Search by 40 languages or dialects to find a song to soothe. <https://www.lullabiesoftheworld.org/projekt.html>

Baby Talk is a free, one-way listserv that is distributed monthly. Each issue features high quality, readily available, and free resources. Resources **highlighted in yellow** are available in English and Spanish. To join the listserv, send an email **with no message** to subscribe-babytalk@listserv.unc.edu

Support for Baby Talk is provided by the [Pritzker Children's Initiative](http://pritzkerchildrensinitiative.org/) (<http://pritzkerchildrensinitiative.org/>) and the [North Carolina Early Childhood Foundation](https://buildthefoundation.org/) (<https://buildthefoundation.org/>).

Past issues of Baby Talk are archived at <https://buildthefoundation.org/baby-talk/> For more information, please contact Camille Catlett at camille.catlett@unc.edu