



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

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10 Effective Ways to Teach Young Children About Emotions

It's never too early to teach children how to identify, express, and manage emotions! Click [here](#) for details on how to support those capabilities.

The Power of Learning Through Imitation

This 20-minute module unpacks the importance of imitation through narrated slides, video clips, and additional resources. Jump in to learn about the value of imitation and how it plays a part in early social experiences. A one-page infographic about imitation and learning is provided. See it all [here](#).

How Often Should You Bathe a Baby?

This article offers insights from several medical professionals about how often kids need to bathe and when they can do it themselves. Acknowledging that families have fierce opinions on this topic, these experts break down considerations for babies, toddlers, young children, and teens. Learn more [here](#).

Supporting Each and Every Infant and Toddler Through Thoughtful Adaptations

The [Guide to Adaptations](#), which is available in English and Spanish, offers ideas for adaptations to environments, materials, and instruction that can help every child to be successful. Wander through the illustrations and text to discover ways in which to individualize – for young children with disabilities or for any child. Get access to the ideas [here](#).

New Study Finds Obesity Can Be Prevented in Very Young Children + Benefits of Text Messaging

A new study shows that adding text messaging to traditional in-clinic health counseling for parents about feeding habits, playtime, and exercise prevents very young children from developing obesity and potentially lifelong obesity-related problems. The work stems from decades of research showing that having obesity in early childhood significantly increases the risk of lifetime obesity, cardiovascular disease, diabetes and other serious diseases, particularly in low-income and minority populations. Find out more [here](#).

Supporting the Communication of Infants and Toddlers: Environments and Experiences

It is important to provide a variety of experiences to support infants' and toddlers' communication and language skills. This multimedia lesson describes and shows how you can create language- and communication-rich environments, including engaging interactions and experiences. Viewers will learn about the important roles that caregivers and environments play in fostering new skills. Other features include a video on how to foster communication and language through book reading experiences and many examples and suggestions for families and caregivers. Find it all [here](#).

How You Play with Young Children Shapes How They Interact with Others

A recent study at the University of Illinois found that the way mothers and toddlers interacted during play predicted how the children later interacted with other children. Researchers observed interactions between more than 120 mothers and their toddler-aged children to see how they interacted while playing. The same researchers followed the children through their preschool days and were able to connect the children's responsiveness and assertiveness to interactions that had been observed. Get the details [here](#).

Baby Talk is a free listserv that is distributed monthly. Highlighted resources are in Spanish. *Los recursos destacados están en español.* Past issues (2021-2024) are available at https://drive.google.com/drive/folders/1bzKeW05D_ENLn7FGFsMM-6INt4XDHars Baby Talk may be shared or copied. Email a request to [Camille Catlett](#) to subscribe or unsubscribe.