



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

Issue No. 127 December 2021

Recommendations for Providing Strengths-Based Services to Black Families and Children

To inform service provision for Black families with infants and toddlers, consider using this [new resource](#) from Child Trends and the UNC Frank Porter Graham Child Development Institute that draws on families' cultural assets and uses a strengths-based perspective. For example, living in crowded housing is usually assumed to negatively impact children's health, but the authors of the resource discuss how choosing to live with others, such as extended family members, during a child's early years might support parents' and children's mental health and well-being.

<https://equity-coalition.fpg.unc.edu/wp-content/uploads/LG21031-CT-Early-Care-Ed-Supports-4-Black-Kids-Rep-r3.pdf>

What Does Recent Research Say About a Good Bedtime Routine for Children?

A recent University of Manchester study has scientifically defined for the first time what constitutes a good bedtime routine for children between the ages of 2 and 8. It identifies 6 key areas and devises two different ways of scoring bedtime routines: one which measures a single routine and the other for activities over 7 days. Read more at

<https://neurosciencenews.com/child-bedtime-routine-17890/>

Baby Talk Isn't Just Cute — It's Critical for Vocabulary Development

"Can you say mama?" "Wave bye-bye!" If you've spent any time around a baby, chances are you've heard or said things like this. The high-pitched, singsong tone we switch to when interacting with young children can go by many names — baby talk, parentese, or, according to development specialists, infant-directed speech. But as simplistic as this melodic chitchat might seem, the conversations are crucial. Learn more at <https://www.popsci.com/science/baby-talk-language-development/>

Digital Tools for Engaging Parents to Support Children's Learning

In these guides created for early childhood professionals, explore digital tools designed to encourage parents to talk with their infants and children. Share these tools with parents, along with tips and information about talking with their young children. Parents' early conversations with their children build the foundational skills for children's later language, social and emotional, and cognitive skills. <https://eclkc.ohs.acf.hhs.gov/family-engagement/article/digital-tools-engaging-parents-support-childrens-learning> (English)

<https://eclkc.ohs.acf.hhs.gov/es/compromiso-de-la-familia/articulo/herramientas-digitales-para-los-padres-y-el-aprendizaje-de-los-ninos> (Spanish)

Limits for Little Ones

This article reminds us that babies and toddlers have big feelings that they can't always control. Read on to learn how thoughtful limits can help children feel safe when they're overwhelmed by their feelings and need support.

<https://www.zerotothree.org/resources/3918-limits-for-little-ones>

GUMDROP: The Power of Imitation

Watch and consider what push-ups are **really** good for. <https://www.youtube.com/watch?v=j5XWwpjlfk>

BabyTalk is a free, one-way listserv that is distributed monthly. Each issue features high quality, readily available, and free resources. [Resources in Spanish are highlighted](#). All or part of BabyTalk may be freely shared or copied. To subscribe to BabyTalk, or for more information, please contact Camille Catlett at camille.catlett@unc.edu