



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

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Safe Sleep Resources

In the state in which I live, deaths related to unsafe sleeping environments are the third leading cause of infant mortality and *the* leading cause in the post-neonatal period (months 2-12). This suggests that basic information about safe sleeping practices can't be shared often or widely enough. Consider with whom you could share the resources of this website, a comic-style safe sleep flyer in multiple languages and a safe sleep booklet in English and Spanish.

<https://safesleepnc.org/healthcare-providers/patient-resources/>

Benefits of Sign Language for All Infants

Cognitive developmental scientists from Northwestern University discovered that observing American Sign Language (ASL) promotes cognition in hearing infants who had never been exposed to a signed language. For 3- and 4-month-old infants, sign language offers infants a cognitive advantage in forming object categories. Read more at

<https://neurosciencenews.com/sign-language-cognition-19269/>

Grand Connections: A Free, Online Workshop Series for Grandparents

After learning about the strengths, needs, and experiences of grandparents who provide care to grandchildren, ZERO TO THREE created this online workshop series to support connections among grandparents, strategies to collaborate with their adult children, and guidance on child development. Go to <https://www.zerotothree.org/resources/4256-grand-connections> to find a brief description of this seven-session program with links to some sample materials. To access the entire curriculum (free of charge!), you will need to provide your name, organization, and email address. Once you hit "submit," you'll immediately receive an email with links to everything—a facilitator's guide, lesson plans, grandparent films, and handouts and slides in English and Spanish. Additional resources are available at www.zerotothree.org/grandparents

Reading a Baby's Cues

"If I only knew what you wanted, I'd do it." It's the reaction of most every parent or caregiver, everywhere, as they try to figure out why a baby is crying. Child development expert Rebecca Parlakian shares a beginner's guide to reading your baby's cues in this online article. <https://www.zerotothree.org/resources/3181-what-s-baby-saying>

Early Math Resources

While these resources were created to boost the positive math attitudes and knowledge of early childhood professionals, they offer great ideas for anyone. Click on a topic, like All About Shapes, to learn about why knowledge of shapes is important, and how to help children learn about shapes. Suggestions are organized by age (i.e., babies and toddlers, preschoolers and older children) and all materials are available in Spanish. <https://familymath.stanford.edu/toolkits/>

GUMDROP: Puddles

Here's a quote that showed up in my inbox this week: *Childhood is over when a puddle is viewed as an obstacle and not an opportunity.* With that in mind, try to watch this gumdrop without smiling. <https://youtu.be/slvHrWMcPPk>

Baby Talk 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 Baby Talk may be freely shared or copied. To subscribe to Baby Talk, or for more information, please contact Camille Catlett at camille.catlett@unc.edu