



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

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Updated Developmental Milestones

The Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP) updated their developmental Milestones Checklists for infants and young children for the first time in over 10 years. The “Learn the Signs. Act Early” tools and resources are communication tools that aim to promote developmental monitoring by tracking developmental milestones and encouraging conversations between families, health care professionals, and early childhood professionals about child development. The revised milestones are a result of feedback from professionals and families, and reflect changes in the number and age-specificity of milestones.

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html?msclkid=083b1333ac7c11ec96759ab808c89102> (English)

<https://www.cdc.gov/ncbddd/Spanish/actearly/milestones/index.html> (Spanish)

Helping Toddlers Deal With Waiting

When toddlers have to wait, it often leads to negative effect, as they can't yet regulate their emotions. Psychologists set out to find out how to help them. Is temperament a factor that influences toddler behavior while waiting? Whom can children imitate in order to cope better with long waits? They concluded that, left to their own devices, children prefer activities to support their waiting that correspond to their temperament. Read more at <https://news.rub.de/english/press-releases/2021-11-17-developmental-psychology-making-wait-less-arduous>

To Baby Brains, Language Is Language, Whether Signed or Spoken

Early exposure to language, whether it's vocalized or sign language, assists with normal brain development in children, researchers report. Baby brains are hungry for language. New parents and caregivers are urged to talk to babies to help their minds develop. Read on to learn how a group of researchers have shown that “talking” doesn't just mean speech, and that sign language exposure is equally nourishing, <https://neurosciencenews.com/language-brain-development-19550/>

Grandparent-Grandchild Closeness

Have you ever wondered how some grandparents manage to have close relationships with their grandchildren and others do not? It's not a mystery. Researchers have studied the concept that they call "intergenerational solidarity" and have identified six factors that influence this "solidarity." While some of these factors are beyond our control, others are not. Read more at <https://www.verywellfamily.com/grandparents-and-grandchildren-keeping-them-close-1695871>

NOTE: Interested in more information about grandparents and young children? Visit the Grandfamilies & Kinship Support Network National Technical Assistance Center website <https://www.gu.org/projects/ntac-on-grandfamilies-and-kinship-families/>

From Whom Do Babies Get Their Behaviors?

Although children will certainly pick up qualities from the adults in their lives, a new study finds the traits that will define an infant's behavior start forming at birth. Read more at <https://www.studyfinds.org/personality-traits-form-at-birth/>

GUMDROP: What is a family?

Since this issue of BabyTalk mentions family in several entries, this gumdrop seemed appropriate. Watch it all the way through and see if you don't smile at the end. <https://www.youtube.com/watch?v=IdyGAjj2xAw>

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