



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

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Research-Based Mealtime Ideas for “Picky” Eaters

Here's what the research, and the amazing Rebecca Parlakian, say about teaching our littlest food critics to try new foods. <https://www.zerotothree.org/resources/2983-research-based-mealtime-hacks-for-picky-eaters>

Do You Work with Military Families?

If you answered yes, you'll want to learn more about the work of the Family Development and Early Intervention (FDEI) within the Military Families Learning Network (MFLN; <https://militaryfamilieslearningnetwork.org/family-development/>). The MFLN provides educational opportunities and online resources for service professionals who work with military families. One recent example is the new four-part self-paced module, “[Field Guide to Family Advocacy: Knowledge, Resources, and Supports for Military Families of Children with Disabilities](#)”. It provides an overview of IDEA and Department of Defense services and programs for young children with disabilities, as well as strategies to support military families as they advocate for their children. The course is open to the public and freely accessible. Information about it and directions to register can be found at <http://militaryfamilieslearningnetwork.org/advocacy/>

Routines Help Children Get Ready for School

Brushing teeth before bed; a nightly story to unwind. Routines are often a touchstone in a child's day. Recently researchers found that regular family routines, started as early as 14 months, predicted a child's readiness for kindergarten. Read more, or watch a video, in English or [Spanish](#), at <https://positiveparentingnews.org/news-reports/routines-school-readiness/>

Including Each and Every Infant and Toddler

The Head Start Center for Inclusion website provides tip sheet resources specific to supporting infants and toddlers with and without disabilities. Resource topics include curriculum modifications, activity matrix, embedded learning opportunities, routines-based planning, a frequently asked questions (FAQ) series, and ideas for building partnerships between educators, early intervention providers, and families. <https://headstartinclusion.org/tip-sheets/infant-and-toddlers/>

Babies' Random Choices Become Their Preferences

When a baby reaches for one stuffed animal in a room filled with others just like it, that seemingly random choice is very bad news for those unpicked toys: the baby has likely just decided she doesn't like what she didn't choose. Learn more about what recent research has revealed about infant choices at <https://hub.jhu.edu/2020/10/02/babies-prefer-what-they-choose-even-when-random/>

Sharing Attention During Early Childhood

This 20-minute I-LABS module reveals the science behind how children progress from first sounds to full sentences. It delivers content through narrated PowerPoint slides with embedded videos. A discussion guide and handout are also available. <https://modules.ilabs.uw.edu/module/sharing-attention-early-childhood/>

GUMDROP: Children Learn By Watching You

Speaking of attention (module above), take a look at this reminder about what children are picking up from watching and listening to you! <https://www.youtube.com/watch?v=KGNiA2tyFLs>

Baby Talk is a free, one-way listserv that is distributed monthly. Each issue features high quality, readily available, and free resources. To join the listserv, send an email with no message or signature block to subscribe-babytalk@listserv.unc.edu [Resources in Spanish are highlighted](#). All or part of Baby Talk may be freely shared or copied. For more information, please contact Camille Catlett at camille.catlett@unc.edu