



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

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### Family Routine Guide

This guide can assist family members and caregivers in developing a plan to support young children who are using challenging behavior. Challenging behavior, typically, communicates a need to escape or avoid a person or activity or communicates a desire to obtain someone or something. Once caregivers understand the purpose or meaning of the behavior, they can begin to select strategies to change the behavior. They can do this by selecting prevention strategies, teaching new skills, and changing the way they respond to eliminate or minimize the challenging behavior. The Family Routine Guide includes strategies for the common routines and activities that occur during the family's week.

[https://challengingbehavior.cbcs.usf.edu/docs/Positive-Solutions\\_Family-Routine\\_Guide.pdf](https://challengingbehavior.cbcs.usf.edu/docs/Positive-Solutions_Family-Routine_Guide.pdf)

### Want to Raise a High-Achieving Kid? Talk to Your Toddler Like This

Researchers have pinpointed language development in early childhood as one of the best predictors of later school success and one of the biggest sources of educational inequality. [https://www.fatherly.com/health-science/raise-high-achieving-test-taker/?utm\\_campaign=fatherly&utm\\_content=1651338180&utm\\_medium=owned&utm\\_source=facebook&fbclid=IwAR07cPqqz4uiz3QDutOm8gt4\\_Yhqh6il66cLLsDLsDYScXipSROjzRyHR-A](https://www.fatherly.com/health-science/raise-high-achieving-test-taker/?utm_campaign=fatherly&utm_content=1651338180&utm_medium=owned&utm_source=facebook&fbclid=IwAR07cPqqz4uiz3QDutOm8gt4_Yhqh6il66cLLsDLsDYScXipSROjzRyHR-A)

### Prenatal Mindfulness Program Improves Stress Response in Infants

Infants whose mothers participated in a mindfulness-based program during pregnancy had healthier stress responses at 6 months old, a new study found. This is the first known study to show that a prenatal social intervention may improve health outcomes in offspring. It is really well established that maternal stress in pregnancy increases the risk for health problems in children. Get the details at <https://www.ucsf.edu/news/2022/03/422426/prenatal-mindfulness-program-improves-stress-response-infants>

### Getting Mobile

Crawling, cruising, walking. Once a baby is up and moving, they are a force to be reckoned with. Here are some tips on how to balance the dual roles of safety officer and fellow explorer. <https://www.zerotothree.org/resources/4192-getting-mobile>

### Helping Toddlers with Language Skills

Most children pick up language naturally, but the way the people around them react can make a difference in how fast their skills develop. Here are a few ways family members and caregivers can help young children to build their language skills.

<https://childmind.org/article/helping-toddlers-expand-their-language-skills/>

### Games and Activities that Build Brains and Executive Function Skills

Are you looking for ideas and new activities for parents and caregivers to engage in with their children? Download this assortment of suggestions for games and activities to do with children of different ages, from 6 months up to adolescence. The activities can promote child-caregiver bonding and build children's brains through play.

<https://pediatrics.developingchild.harvard.edu/resource/games-and-activities-caregiver-handouts/>

### GUMDROP: The Magic of Engagement

Take a minute to enjoy this four-month-old baby trying to sing along with a Karen Carpenter song.

<https://youtu.be/bEeizaWjdXw>

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](mailto:camille.catlett@unc.edu)