



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

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### How-to: 5 Steps for Brain-Building Serve and Return

Did you know that you can help build a child's brain – starting even before babies can talk? Simple **serve and return interactions** between adults and young children help make strong connections in developing brains. And, it's easy and fun to do! This how-to video breaks down serve and return into **5 simple steps** and features adults and young children doing each step together. The video is also available in Spanish and Portuguese.

<https://developingchild.harvard.edu/resources/how-to-5-steps-for-brain-building-serve-and-return/>

### A National Framework for Children with Special Health Care Needs

In collaboration with families of children and youth with special health care needs, health care professionals, public health leaders, researchers, academic institutions, and other Federal partners, the Maternal and Child Health Bureau recently released a **Blueprint for Change**, a national framework to improve care for the nearly one in five children in the United States who currently has a special health care need. The series of 7 articles include detailed discussions of four critical areas for change: health equity, family and child well-being and quality of life, access to services, and financing of services.

<https://publications.aap.org/pediatrics/article/149/Supplement%207/e2021056150B/188216/Introducing-the-Blueprint-for-Change-A-National>

### Children Are Less Sedentary When Adults Join the Play

Physical activity is important for young children as it not only improves children's body composition, bone density, and cardiovascular health, but it has also been linked to decreased rates of smoking and depression in later life. Here's some recent news about what can help very young children to get more physical activity. A federally-commissioned study of child care centers found that children spent more time being active when staff members played with the children than when the adults did not participate in play. Learn more at

[https://hechingerreport.org/sedentary-child-care-workers-lead-to-sedentary-toddlers/?utm\\_source=pocket\\_mylist](https://hechingerreport.org/sedentary-child-care-workers-lead-to-sedentary-toddlers/?utm_source=pocket_mylist)

### Strengthening Families with Infants and Toddlers: A Policy Framework for States

This recent report from ZERO TO THREE is designed to reframe the role of child welfare from preventing harm to children toward strengthening families and the communities where they live. The Policy Framework includes eleven recommendations for states and communities that aim to advance equitable outcomes supporting the health and well-being of very young children and their families, including those who are in or are at-risk for entering the child welfare system. Even if you are not working at a state level, consider how the ideas in this resource might be used by any program or individual. Both an Executive Summary and the Full Policy Framework Report are available at <https://www.zerotothree.org/resources/4434-strengthening-families-with-infants-and-toddlers-a-policy-framework-for-states#downloads>

### GUMDROP: Let the Children Be Free

Enjoy and be inspired by the words of Maria Montessori!

[https://youtu.be/J3\\_-4XUo5r8](https://youtu.be/J3_-4XUo5r8)

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)