



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

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A 5-Minute Daily Routine That Can Improve Listening Skills

It might sound counterintuitive, but one strategy widely recommended by children's health professionals is to engage a child in short, daily sessions of child-led play. In addition to providing the evidence for this approach, this article also shares an acronym "PRIDE" to help family members and caregivers to remember the tenets of child-led play. Read more at tinyurl.com/4pj6sxs5

Toddlers' Responses to 'Baby Talk' Linked to Social, Cognitive, and Language Abilities

Across languages and cultures, caregivers tend to have one thing in common: they speak to babies in a happy, sing-song way that they would never use with adults. This type of speech, sometimes called "infant-directed speech," "baby talk," or "motherese," is a particularly exaggerated form of emotionally expressive speech. In a recent study, researchers found that toddlers respond to this emotionally expressive speech in different ways, and these varied responses are linked with their social, linguistic, and cognitive abilities. Learn more at <https://www.nimh.nih.gov/news/research-highlights/2022/toddlers-responses-to-baby-talk-linked-to-social-cognitive-language-abilities>

Talking Tips for Caregivers

Talking Tips feature research-based strategies to help caregivers talk more with infants and toddlers. They are available in multiple languages. Learn more at https://info.lena.org/14-talking-tips?utm_referrer=https%3A%2F%2Fwww.lena.org%2F

How a Baby Learns Language in the Womb

There is evidence that babies begin learning in the womb. Before she is even born, your baby has already been exposed to many opportunities for language learning. This article offers both the evidence and the implications at <https://www.psychologytoday.com/us/blog/strategies-living/202209/how-your-baby-learns-language-in-the-womb?emci=d1f4eb5e-2b40-ed11-b495-00224832e4ca&emdi=5baf1445-be40-ed11-b495-00224832e4ca&ceid=6814801>

Bigger Portions May Get Young Children to Eat More Veggies

It can be difficult to get young children to eat enough vegetables, but a new study finds that simply adding more veggies to their plates can result in children consuming more vegetables at each meal. Learn more at <https://www.futurity.org/getting-kids-to-eat-vegetables-2588372/>

Serve and Return Resources

This resource guide includes evidence, examples, videos, and opportunities to learn about and apply the concepts of serve and return to support cognitive, linguistic, and social-emotional development. Check out the options at <https://developingchild.harvard.edu/science/key-concepts/serve-and-return/>

GUMDROP: We're All a Little Different & That's Awesome <https://www.youtube.com/watch?v=sQuM5e0QGLg>

Please take the time to watch this TED Talk. Then consider: how can we support infants and toddlers to see differences in a more positive way? Access a free set of resources for helping young children understand and talk about similarities and differences at <https://scriptnc.fpg.unc.edu/natural-resources-free-resources-about-similarities-and-differences>

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