



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

Issue No. 140 January 2023

### **When Do Babies Start Talking? It Depends.**

This column highlights both what we might expect from our youngest children and the factors that can impact attainment of those expectations. <https://www.fatherly.com/parenting/when-do-babies-start-talking>

### **How to Communicate Effectively About Early Relational Health: What It Is and Why It Matters**

Early relational health refers to the state of emotional well-being that grows from the positive emotional connection between babies and toddlers and their parents/caregivers when they experience strong, positive, and nurturing relationships with each other. This guide was created to help the many voices supporting and working on early relational health to speak the same language and spread awareness, spark interest, advocate holistically, and accelerate change. [https://cssp.org/wp-content/uploads/2020/05/HPS\\_ERH\\_Messaging-Guide\\_November-2022.pdf](https://cssp.org/wp-content/uploads/2020/05/HPS_ERH_Messaging-Guide_November-2022.pdf)

### **Facilitating Self-Feeding in Babies with Feeding Challenges: The Adapted Baby-Led Weaning Approach**

A colleague has recently written to share information for families and caregivers who support infants and toddlers who may have challenges with feeding. Jill Rabin is a speech-language pathologist whose expertise supports infants and toddlers who may have difficulty with self-feeding or progressing to solids. She has shared access to a webinar focused on this topic that includes a recording, slides, handouts, and more. NOTE: You will need to share your name, email address, and create a password to access the free materials at [https://www.nutritionmc.com/?flash=checkout.already\\_purchased\\_error](https://www.nutritionmc.com/?flash=checkout.already_purchased_error)

### **Helping Young Children With Sharing**

Learning to share with grace is a long process. This article shares examples of how to turn moments of struggle into rich opportunities to help children learn critical skills. <https://www.zerotothree.org/resource/helping-young-children-with-sharing/>

### **Raising Anti-Racist Children**

Check out this resource from the American Psychological Association to learn more about what psychologists have learned about race and how to prevent prejudice from taking root. <https://www.apa.org/monitor/2021/06/anti-racist-children>

### **Early Learning Resources to Share With Caregivers**

This website offers handouts that follow the well-child visit schedule, including the newborn visit, and suggest no- and low-cost activities to enhance caregivers' ability to stimulate a baby's development and promote school readiness. The resources are available in English at <https://www.healthysteps.org/resource/early-learning-resources-to-share-with-parents-english/> and Spanish at <https://www.healthysteps.org/resource/early-learning-resources-to-share-with-parents-spanish/>

### **Toilet Readiness and Learning**

How can you tell if your child is ready? And how can you learn about what works, what doesn't, and other wisdom to make the transition to the use of the toilet possible. Check out <https://www.zerotothree.org/resource/toileting-readiness/>

### **GUMDROP: Parenting Counts: Every Baby Communicates In Unique Ways**

Ever wish there was a manual that came with each infant or toddler? So did many others. Learn more at <https://www.youtube.com/watch?v=NrqJRzbyiOk>

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)