



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

Issue No. 141 February 2023

Infant/Toddler Resource Guide

This resource guide offers a host of materials to support the development and implementation of policies and practices for high-quality care for infants and toddlers. Whether you are a child care provider seeking information, a professional development provider seeking innovative resources, or a family member seeking guidance, this site may be for you. Development of this guide is new and actively growing, so check in frequently to see what resources have been added to support your work with infants, toddlers, and their families. <https://childcareta.acf.hhs.gov/infant-toddler-resource-guide>

5 Touchstones for Teaching Children to Read — Starting at Birth

Reading is taught, not caught. This phrase has been in circulation for decades, but it bears repeating with each new generation of parents and educators. And it has never been more fully supported by compelling evidence. This 2022 book excerpt underscores that learning to read is a complex, unnatural, years-long odyssey, and emphasizes that families should bear no illusions that their kids will pick it up merely by watching other people read or being surrounded by books. Explore the evidence at <https://www.kqed.org/mindshift/60079/five-touchstones-for-parents-teaching-kids-to-read-starting-at-birth>

Helping Children to Eat the Veggie Rainbow

It can be difficult to get young kids 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 the meal. Researchers found that when they doubled the amount of corn and broccoli served at a meal, the children ate 68% more of the veggies. Learn more at <https://www.futurity.org/getting-kids-to-eat-vegetables-2588372/>

Can a Newborn Discriminate Speech Sounds?

What happens during the first hours after birth? Are babies born with innate abilities to perceive speech sounds, or do neural encoding processes need to age for some time? Results from a new study confirm that newborn neural encoding of voice pitch is comparable to the adults' abilities after three years of being exposed to language. Read more at https://www.ub.edu/web/ub/en/menu_eines/noticies/2021/04/041.html

Activities for Bonding and Learning from Birth to 12 Months

Try these fun games and activities with your children and watch how their eagerness to learn and their relationship with you grow! <https://www.zerotothree.org/resource/activities-for-bonding-and-learning-from-birth-to-12-months/>

How Babies Begin to Develop Self-Control in the First Three Years of Life

In this classic podcast, Dr. Brenda Jones Harden describes how very young children develop self-control, starting even in the first year of life, and how families can set limits with love.

<https://www.zerotothree.org/resource/how-babies-begin-to-develop-self-control-in-the-first-3-years/> (English)

<https://www.zerotothree.org/resource/como-los-bebes-desarrollan-el-autocontrol/> (Spanish)

GUMDROP: The Many Components of Communication

Watch this exquisite example of the many components of communication with an infant. **NOTE: Turn on the captioning before you watch, then consider the many ways in which communication may occur.** <https://youtu.be/E7lInTG7wzk>

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