



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

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Sparking Healthy Connections

<https://www.zerotothree.org/sparks-video-series/> (English) <https://www.sparksvideoseries.com> (Spanish)

The Sparks video series is a new set of 14 videos that spotlight what we might expect in birth-five child development milestones, along with strategies for addressing common parenting issues and health/safety considerations. Each video focuses on an age that might coincide with a check-up (e.g., 3-month visit, 15-month visit) and is organized by what a child might be doing at that age, discussion of important considerations (e.g., establishing routines), and suggestions for promoting learning and development. The series is set up for use by family members and professionals. For example, family members can enroll and receive the videos via text message and professionals can send families a link to watch.

Does Nature or Nurture Determine Musical Ability?

<https://tinyurl.com/yee6zchs>

Research has shown the positive effects of musical training on the brains of adults, but far less has been known about what might exist in the brain much earlier, prior to any music lessons or experience — until now. Read this article to find out about key findings from the study and takeaway messages for families and caregivers.

Emotional Literacy with Infants and Toddlers

<https://eclkc.ohs.acf.hhs.gov/teaching-practices/teacher-time-series/emotional-literacy-infants-toddlers> (English)

<https://eclkc.ohs.acf.hhs.gov/es/practicas-docentes/teacher-time-series/alfabetizacion-emocional-con-bebes-y-ninos-pequenos> (Spanish)

Emotional literacy skills — also known as emotional intelligence — are key to school readiness. These skills include recognizing, identifying, and regulating emotions. This Teacher Time episode explores how educators and family members can support emotional literacy in infants and toddlers. It also identifies practical strategies for helping infants and toddlers regulate their emotions. A viewer's guide is available in English and Spanish for this archived webinar.

National Maternal Mental Health Hotline

<https://mchb.hrsa.gov/national-maternal-mental-health-hotline> (English)

<https://mchb.hrsa.gov/linea-nacional-salud-mental-materna> (Spanish)

The Hotline (1-833-943-5746 (1-833-9-HELP4MOMS) is a free, confidential resource for pregnant women and new mothers in English and Spanish. The Hotline offers callers phone or text access to professional counselors, real-time support and information, response within a few minutes, 24 hours a day, 7 days a week, resources, referrals, counselors who speak English and Spanish, and interpreter services in 60 languages.

Place Matters: The Environment We Create Shapes the Foundations of Healthy Development

<https://developingchild.harvard.edu/place-matters-the-environment-we-create-shapes-the-foundations-of-healthy-development/>

This Working Paper examines how the built and natural environments—and the systemic factors that shape those environments—interact with each other and with a child's social environment in deeply interconnected ways. It explains in clear language how these environmental influences shape development and lifelong health, while also highlighting the role that current and historic public policies have played, along with systemic racism, in creating a landscape where levels of exposure to risk and access to opportunity are not distributed equally.

Baby Talk is a free, one-way listserv that is distributed monthly. Each issue features high quality, readily available, and free resources. **Highlighted resources are in Spanish. *Los recursos destacados están en español.*** 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

