



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

Issue No. 146 July 2023

Fathers' Roles in Breastfeeding and Infant Sleep Are Key

A new study — a rare effort that focuses solely on the father's involvement in an infant's life — shows a striking link between the support that dads offer and better infant outcomes. The research sought to answer several questions about paternal participation in breastfeeding and the use of safe sleep practices for babies. The results showed that fathers play a crucial role in both. Read more at <https://www.cnn.com/2023/06/16/health/fathers-infant-health-breastfeeding-wellness/index.html?emci=9bc169e3-0a11-ee11-907c-00224832eb73&emdi=e9f0d441-c711-ee11-a9bb-00224832eb73&ceid=6814801>

Impact of Excessive Screen Time on Child Development

Children's heavy reliance on screen media has raised serious public health issues since it might harm their cognitive, linguistic, and social-emotional growth. This study examines the effects of screen time on many developmental domains and covers management and limitation techniques for kids' screen usage. Read this article to learn more about both challenges and opportunities at <https://www.cureus.com/articles/162175-effects-of-excessive-screen-time-on-child-development-an-updated-review-and-strategies-for-management#!/>

Looking for Fun Summer Learning Activities? Consider Brain-Building Through Play Activities for Infants, Toddlers, and Children

Three core principles of child development include fostering responsive relationships, strengthening core life skills, and reducing sources of stress. Play is an effective way of supporting all three. With support from the LEGO Foundation, the Center on the Developing Child at Harvard University has created a series of **handouts with playful, age-appropriate activities for children**, from newborns to adolescents, that are easy to do at home or just about anywhere! They're at <https://developingchild.harvard.edu/resources/brainbuildingthroughplay/>. Want to learn more about the importance of play in learning and development? Check out the video at <https://www.youtube.com/watch?v=pjoyBZYk2zl&t=23s>.

Positive Parenting Tips

Follow the links on this Centers for Disease Control site to learn more about a early childhood development, positive parenting, safety, and health. Resources are organized by age, from infants to teenagers. <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>

Songs, Rhymes, and Fingerplays in English and Spanish

This resource includes Spanish translations of traditional children's songs to be used in bilingual playgroups for infants, toddlers, and families. See details at <https://www.zerotothree.org/resource/songs-rhymes-and-fingerplays-in-english-and-spanish/>

Warning Signs of a Toddler Language Development Delay

In the area of language development, timelines are helpful, but overall, it's important to consider whether or not your child is effective at communicating rather than focus on a set number of words in their vocabulary or a date on a calendar. This article highlights important questions to ask when considering whether a child's language might be delayed. Learn more at <https://www.verywellfamily.com/delayed-toddler-language-development-signs-289850>.

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

