



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

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### Addressing Ethics in Infant and Early Childhood Mental Health (IECMH)

This paper considers the contexts and scope of IECMH and raises the question of whether this field might need its own code of ethics. Please read [this article](#) and discuss or consider your views on the subject.

### Screen Time Linked with Developmental Delays in Toddlerhood

Handing your baby a phone or tablet to play with may seem like a harmless solution when you're busy, but it could quickly affect their development, a new study has found. Having anywhere from one to four hours of screen time per day at age 1 is linked with higher risks of developmental delays in communication, fine motor, problem-solving and personal and social skills by age 2, according to a study of 7,097 children published Monday in the journal JAMA Pediatrics. Read more [here](#).

### Starting School in Infancy Can Help Low-Income Children Keep Up with Peers in Elementary School

The message from an unusually intensive and long-lasting education study that is following low-income children from birth into elementary school found that students who consistently participated in a high-quality, early-childhood program from infancy until they started elementary school performed on par with children their age nationally in early literacy and math by the end of 3rd grade. The children in the study also significantly out-performed children who had experienced more informal preschool or no early education. Interested? Go [here](#).

### Transitions: Tips on Supporting Families of Infants and Toddlers

Continuity of care can support infants, toddlers, and families during transitions into Early Head Start (EHS) programs, as well as into preschool. Learn about three elements—relationships, alignment, and information—that programs and staff can use to bridge continuity of care in their policies and procedures. Review additional strategies and resources for strengthening early transition practices and more [here](#)

### Infants and Toddlers in High Quality Childcare Reap the Benefits Longer

For decades, researchers have debated the long-term impact of early childhood education, sharing evidence that while some children experience positive long-term outcomes, others see initial benefits fade out – or even experience detrimental outcomes. Now, a new study is adding to a growing body of research indicating that high-quality early care and learning programs can positively impact children for years into the future. But there is one caveat: Children need to be enrolled early, in infancy or early toddlerhood, to reap these benefits. Read more [here](#).

### 20 Common Car Seat Mistakes

Families often don't realize they are using child car seats incorrectly. Mistakes can be as small as clipping the harness in the wrong spot or as big as using a seat that no longer meets safety standards. These mistakes are dangerous because they increase the risk of injury to the child in the event of a motor vehicle crash. Learn 20 common car seat mistakes, their dangers, and how to fix them [here](#).

### The Wonder of Repetition in Childhood Development

Kids love to do things on repeat. The same books read over and over can be exhausting for parents, but researchers say repetition is key to childhood learning. Listen to this [podcast](#) to learn more.

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](mailto:camille.catlett@unc.edu)