



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

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Babies' Sleep Can Be Interrupted

Infants, ages 4 to 11 months, get an average of 12 to 15 hours of sleep per day, often in long periods of time. But what if a child isn't sleeping for longer stretches, even after the one-year mark? A recent study found no association between sleeping through the night and later mental and physical development. Click the link below to watch a video, in English or Spanish, on this topic. <https://www.childtrends.org/videos/babies-sleep-can-be-interrupted>

Families That Do These Eight Things Produce Compassionate Children

Research out of the Yale Baby Lab shows that children less than two years old show greater satisfaction when giving treats to others rather than receiving treats for themselves. If children are hardwired for kindness, then families that want to raise compassionate children are off to a good start. But still, parents who care about raising kids who support others, enjoy giving, and choose kindness have to model that behavior themselves and give explicit lessons on why being kind is a choice. Read more at <https://www.fatherly.com/love-money/compassionate-children-come-from-parents-who-do-these-8-things/>

Some Forms of Sitting Are Worse Than Others

The simple act of switching on the TV for some downtime could be making a bigger contribution to childhood obesity than we realize, according to new research from the University of South Australia. The study investigated the impact of different sitting behaviors -- watching television, playing video games, playing computer, sitting down to eat, or travelling in a car -- and found that watching TV is more strongly associated with obesity in both boys and girls than any other type of sitting. Read more at <http://www.unisa.edu.au/Media-Centre/Releases/2019/sitting-in-front-of-the-tv-puts-kids-in-the-obesity-hotseat/#.XMBjw6QpBe1>

Simple Directions From Parents Can Guide Children's Discovery

Whether it's probing a child's understanding of a topic through questions or engaging in hands-on activities alongside them, family members can guide children to learn in new ways through simple directions, according to a study by researchers at The University of Texas at Austin. Their study showed how simple cues from parents for their children to either "explain" or "explore" influences their children's learning behavior and abilities, particularly as it relates to scientific reasoning. Read more at <https://liberalarts.utexas.edu/public-affairs/news/13843>

The Data All Guilt-Ridden Parents Need

In this Opinion column from the New York Times, economist Emily Oster unpacks and examines what science tells us about breast-feeding, sleep training, and the other agonizing decisions of parenthood. NOTE: While this article includes evidence from a number of sources, the analyses and ideas put forward are the author's own.

<https://www.nytimes.com/2019/04/19/opinion/sunday/baby-breastfeeding-sleep-training.html>

Baby Talk is a free, one-way listserv that is distributed monthly. Each issue features high quality, readily available, and free resources. Resources **highlighted in yellow** are available in English and Spanish. To join the listserv, send an email **with no message** to subscribe-babytalk@listserv.unc.edu

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