



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

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Sharing Stories and Encouraging Imagination

Reading with a young child can be a very warm and loving experience. While you have their undying attention as they anticipate the next part of the story, it is a lovely way of strengthening the bond between you and helping that child to become a reader for life. Check out this article with embedded videos for ideas about how to use shared book reading to support early learning and development. <https://www.familylives.org.uk/advice/early-years-development/learning-and-play/reading-with-your-child/>

Too Much Screen Time Hurts Toddlers' Social Skills

Toddlers who spend too much time watching television or using devices like tablets have been shown to have underdeveloped social skills, according to the latest University of Alberta research gauging the effects screen time has on early childhood development. In the new study, behavioral epidemiologist Valerie Carson and her research team examined associations of physical activity, sedentary behavior, and screen time with social skills at one to two years, two to three years, and three to four years of age in 251 children. Carson said the more toddlers viewed screens, the more their social skills suffered. Learn more at <https://medicalxpress.com/news/2019-06-screen-toddlers-social-skills.html>

Can You Name That Evidence-Based Practice?

Did you see the adorable Facebook video of a father and child having a chat about the final episode of Empire? If you didn't, please watch (<https://www.popsugar.com/family/Viral-Video-Baby-Boy-Talking-His-Dad-46235433>), enjoy, and see if you can name the evidence-based practice the father is implementing most effectively. It's serve-and-return, an evidence-based practice that builds on the need for multiple back and forth exchanges to support language development. Want more information about this practice? Go to this website <https://developingchild.harvard.edu/science/key-concepts/serve-and-return/>

According to Science, There's No Such Thing as Holding a Baby Too Much

Research now says you can't hold a baby too much. In fact, the more you snuggle with a baby, the better off they'll be. The importance of touch in a baby's development cannot be overstated, and the latest research suggests that holding a baby is more crucial to brain development than previously assumed. Read all about it at <https://www.simplemost.com/new-research-shows-theres-no-thing-holding-baby-much/>

Do You Have a Child Who Is a Picky Eater?

Developmental psychologists say it's important to offer options, but also to immerse a child in the process. Researchers had 64 kids make their own salad or dessert. The researchers then offered them a choice between the food they made or a similar item. "If they made the salad, they ate more of the salad that they personally made, as opposed to a different salad," detailed Jasmine DeJesus, PhD, a developmental psychologist at UNC Greensboro. DeJesus said this suggests that preparing the food can influence what a child eats. She suggests making meals that kids can assemble.

<https://www.childtrends.org/videos/help-for-picky-eaters-and-their-parents-too>

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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