



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

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Play-Based Activities for Children of All Ages

The [Brain-Building Through Play Handouts](#), which were created with support from the LEGO Foundation, include playful, age-appropriate activities for children of all ages that are easy to do at home or just about anywhere. For babies and toddlers, simple, playful interactions with adults help develop sturdy [brain architecture](#), the foundations of [lifelong health](#), and the building blocks of [resilience](#). Through games and playful activities, children can practice and strengthen important [executive function skills](#) that will help them throughout their lives, including learning to focus their attention, strengthening their working memory, and developing basic self-control. [Brain-Building Through Play: Activities for Infants, Toddlers, and Children - Center on the Developing Child at Harvard University](#)

Reading to Young Children Improves Their Social Skills

This enjoyable read describes a study of the connection between adult-child shared reading and the development of empathy. Take a look and see what a difference finding even 15 minutes a day can make for the youngest children as well as older children who have begun to take over the role of reader. [Reading to young kids improves their social skills, and it doesn't matter whether parents stop to ask questions](#)

Infant Brains Begin Visual Awareness as Early as 2-Months of Age

Recent neuroscience research shows that our brain's organization of the visual world occurs much earlier than previously thought by scientists. As early as 2 months of age, babies exhibit clear evidence of distinguishing and grouping the objects they see within their environment. Read or listen to this article at [Infant brains begin visual awareness as early as 2 months of age - The Brighter Side of News](#)

Eye-tracking Technology Can Support Earlier Diagnosis of Autism

Autism spectrum disorder (ASD) remains one of the most common developmental disorders in the United States, yet the median age of diagnosis continues to hover near four years, despite American Academy of Pediatrics recommendations for universal screening at 18 and 24 months, and the fact that many caregivers note developmental differences far earlier. This delay restricts access to early intervention during a critical window of neuroplasticity and forces families into cycles of waitlists, multiple evaluations, and prolonged uncertainty. Check out this article to learn about new technology that may allow for earlier and more accurate diagnoses. [Bringing autism diagnosis closer to home: The role of eye-tracking biomarkers in early detection | Contemporary Pediatrics](#)

Baby Talk is a free listserv that is distributed monthly. [Highlighted resources are in Spanish. Los recursos destacados están en español](#) Past issues (2021-2025) are available at https://drive.google.com/drive/folders/1bzKeW05D_ENLn7FGFsMM-6INt4XDHars Baby Talk may be shared or copied. Email a request to [Camille Catlett](#) to subscribe or unsubscribe.