



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

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## A Clever Experiment Shows Infants Ask for Help by Reaching for Objects

New parents love the developmental milestones – the first smile, crab-like crawl, and “ma-ma-ma” are unforgettable. Around their first birthday, babies start pointing, a communicative gesture that is universally, and uniquely, understood by humans. But, what if babies are communicating with us about objects even earlier? According to new findings, babies younger than one year can also communicate through gestures. To learn more, go to

<https://www.scientificamerican.com/article/sophisticated-communication-from-8-month-old-babies/>

## 10 Tips for Raising a Compassionate Infant or Toddler

Recent research shows that infants and toddlers are far more empathetic than we once thought. While they have short fuses, and don't cope well with sharing, they are capable of being compassionate. With this in mind, this article shares ten tips to use to help infants and toddlers become pro-social.

<http://families.naeyc.org/article/10-tips-raising-compassionate>

## Professional Development Can Enhance Caregivers' Interactions with Young Children

A new literature review, conducted by Mathematica Policy Research for the Office of Planning, Research and Evaluation (Administration for Children and Families, U.S. Department of Health and Human Services), highlights professional development (PD) strategies, resources, and components that can help caregivers better interact with infants and toddlers. The review shows that PD can successfully enhance caregiver practice, even within a short time, and that online tools are a cost-effective and successful way to provide PD. Other key findings are highlighted in a [Research Snapshot](#) that accompanies the full report.

<https://www.mathematica-mpr.com/our-publications-and-findings/publications/full-report-professional-development-tools-to-improve-the-quality-of-infant-and-toddler-care> (full report)

<https://www.mathematica-mpr.com/our-publications-and-findings/publications/snapshot-professional-development-tools-to-improve-the-quality-of-infant-and-toddler-care> (research snapshot)

## 100 Calm Down Tools and Strategies You Can Use Today

No one in the history of time has ever calmed down from being told to CALM DOWN. In fact, just the opposite is what usually happens anytime those two words are muttered. So what can you do when a child is nervously waiting for someone to arrive, refusing to go to the dentist or running in circles out of excitement? Click the link below to access a toolkit of calm down tools and strategies that you can access before, during and after a crisis.

<http://lemonlimeadventures.com/100-calm-tools-strategies-can-use-today/>

## Looking At Art With Toddlers

At a very young age, children are quite capable of having an aesthetic experience, whether it be the mixing of different textured foods on the high chair table top or visually interacting with a mobile suspended over the crib. This article highlights opportunities for adults to interact with infants and toddlers to build aesthetic capabilities in developmentally appropriate ways. [http://www.si.edu/content/seec/docs/article-artwithtoddlers.pdf?utm\\_content=&utm\\_medium=email&utm\\_name=&utm\\_source=govdelivery&utm\\_term](http://www.si.edu/content/seec/docs/article-artwithtoddlers.pdf?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term)

Baby Talk is a free, one-way listserv that is distributed monthly. Each issue features resources that are high quality, readily available and free. To join the listserv, send an email **with no message** to [subscribe-babytalk@listserv.unc.edu](mailto:subscribe-babytalk@listserv.unc.edu) Past issues are archived at <http://fpg.unc.edu/resources/baby-talk-archive>  
To suggest resources, please contact Camille Catlett at [camille.catlett@unc.edu](mailto:camille.catlett@unc.edu)