



## Baby Talk: Resources To Support The People Who Work With Infants and Toddlers

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### Essentials for Parenting Toddlers and Preschoolers

This [online resource](#) from the Centers for Disease Control (CDC) provides information to help family members and caregivers interact positively with children. It provides proven answers to common challenges so moms, dads, and caregivers can help two- to four-year-olds grow up happy and healthy. Read free articles, watch videos, and practice exercises for building positive relationships with kids.

[https://www.cdc.gov/parents/essentials/index.html?utm\\_source=PAEEN+November+2017&utm\\_campaign=Build&utm\\_medium=email](https://www.cdc.gov/parents/essentials/index.html?utm_source=PAEEN+November+2017&utm_campaign=Build&utm_medium=email)

### Bilingual Babies Listen to Language

A recent [research study](#) from Princeton University (August 7, 2017) found that bilingual infants can process dual languages quickly and correctly as early as 20 months of age just by listening. The study also revealed that infants can quickly detect when the language is switched in mid-sentence, called "code switches", as regularly experienced in bilingual communities; and "toddlers naturally activate the vocabulary of the language that is being used in any particular setting."

<https://www.sciencedaily.com/releases/2017/08/170807155145.htm>

### 10 Routines That Can Strengthen an Adult-Child Relationship

Researchers remind us that we need five positive interactions to each negative interaction to keep a relationship healthy. Here are ten that don't add time to your day, but do add connection.

<https://www.psychologytoday.com/blog/peaceful-parents-happy-kids/201706/10-routines-will-strengthen-parent-child-relationship>

### Study Proves That Cuddling Babies Early (and Often) Has Huge Benefits

Check out this article to learn more about how early skin-to-skin contact can support improved neurodevelopment, higher IQ, and lower rates of aggression. Skin-to-skin contact can even make certain medical procedures less painful for infants, and has particular benefits for babies who are premature. <https://www.babble.com/parenting/cuddling-babies-study-benefits-touch/>

### Toddlers Begin Learning Rules of Reading and Writing at Very Early Age, Study Finds

New research from Washington University in St. Louis suggests that children as young as 3 already are beginning to recognize and follow important rules and patterns governing how letters in the English language fit together to make words. Learn more at <https://source.wustl.edu/2017/07/aczoaallzu/>

### Cognitive Learning Begins at Birth: Take Part in Infants and Toddlers' Brain Development

This article highlights tips and advice from experts engaging and applying cognitive practices to support early brain development. <http://www.cdacouncil.org/council-blog/905-cognitive-learning-begins-at-birth>

### How Caregivers Can Boost Young Brains

Ordinary back-and-forth interactions between a caregiver and child — called "[serve and return](#)" — can shape [brain architecture](#) in powerful ways, creating a strong foundation for future learning. Here are five simple ways for parents, caregivers, and early educators to practice these interactions.

<https://www.gse.harvard.edu/news/uk/17/11/how-caregivers-can-boost-young-brains>

Baby Talk is a free, one-way listserv that is distributed monthly. Each issue features high quality, readily available, and free resources. To join the listserv, send an email **with no message** to [subscribe-babytalk@listserv.unc.edu](mailto:subscribe-babytalk@listserv.unc.edu)

**Highlighting indicates resources that are available in English and Spanish.** 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)