



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

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Free Resources to Help Families Understand and Monitor Development

The Center for Disease Control and Prevention's "Learn the Signs. Act Early." campaign often adds new resources to support developmental monitoring. In addition to print materials, there are online resources, including the Milestone Tracker App which is available for multiple platforms [in English and Spanish](#). The Milestones in Action Library provides videos and photos of each developmental milestone to assist families with identification. Don't miss the new board book for one-year old development, *Baby's Busy Day/Una dia ocupado del bebe: Tener un año es divertido!* Order free print materials or access online resources at <https://www.cdc.gov/ncbddd/actearly/index.html>

Parent Burnout Can Have Serious Consequences for Everyone

When the daily stress of parenting becomes chronic it can turn into parental burnout, an intense exhaustion that leads family members to feel detached from their children and unsure of their parenting abilities, according to research published in *Clinical Psychological Science*, a journal of the Association for Psychological Science. This type of burnout can have serious consequences for both parent and child, increasing parental neglect, harm, and thoughts about escape. Learn more at <https://www.psychologicalscience.org/news/releases/parental-burnout.html>

Strong Relationships with Trusted Adults Prevent, and Help Children Recover From, Toxic Stress

Researchers from the Center on the Developing Child at Harvard University warn of the potential negative effects of childhood adversities on children later in life, in the absence of a strong and stable relationship with a trusted adult. Childhood adversities, such as being separated from a parent or experiencing childhood maltreatment, can cause toxic stress, which can lead to mental and physical health issues if experienced over a long period. According to the researchers, making sure that children have a strong relationship with a trusted caregiver is the best way to prevent or reverse the damage of childhood adversity. Read more or watch a video in [English or Spanish](#) at (<https://www.childtrends.org/videos/toxic-stress-from-early-childhood-adversity>).

How Equitable Are Your Infant-Toddler Policies and Practices?

This paper explores racial disparities, including the policies that drive them, among infants and toddlers and their families. It highlights key examples in recent history and their continued consequences for young children of color and their families. The paper concludes with recommendations to ensure that new or reformed policies reduce racial disparities. Learn more at [https://www.clasp.org/sites/default/files/publications/2018/11/](https://www.clasp.org/sites/default/files/publications/2018/11/Building%20Strong%20Foundations%20Racial%20Equity%20Brief.pdf)

[Building%20Strong%20Foundations%20Racial%20Equity%20Brief.pdf](#) A new website devoted to advancing equity in early childhood has been developed by the National Association for the Education of Young Children. A position statement in [English and Spanish](#) and other resources for reflection and action are included at <https://www.naeyc.org/resources/position-statements/equity>

Babies Understand Counting Years Earlier Than Believed, Study Finds

Babies who are years away from being able to say "one," "two," and "three" already have a sense of what counting means. Johns Hopkins researchers, who published their findings in *Developmental Science*, have found that from as young as 14 months, babies who hear counting realize that counting indicates quantity. Read a summary of the findings at <https://hub.jhu.edu/2019/10/24/babies-understand-counting/>

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 or signature block to subscribe-babytalk@listserv.unc.edu

All or part of Baby Talk may be freely shared or copied. For more information, please contact Camille Catlett at camille.catlett@unc.edu