



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

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Tips for Video Chatting with Young Children: Staying Connected While Far Apart

Are you using electronics to stay in touch with infants, toddlers, and preschoolers while everyone shelters in place? If yes, you may appreciate Karen Nemeth's ideas for valuable interactions with children across the internet. Learn more at <https://www.naeyc.org/our-work/families/tips-video-chatting-young-children>

The Secret World of Babies

This delightful and informative article shares insights from studies being conducted at the Babylab in London. Researchers are gathering information from MRI scans of sleeping babies, sophisticated eye-trackers, EEGs that measure electrical activity in the brain, and even heart-rate monitors. One common goal is to understand what typical development looks like, and then investigate why and how some babies develop differently. Learn what they've discovered at <https://www.bbc.com/future/article/20180327-the-secret-world-of-babies>

COVID-19 Resources for Families

With disruptions of the family routines and limited physical activities, children may feel overwhelmed, upset, and stressed during this challenging time. Check out a curated set of resources, some of which are available in Spanish and other languages, to help families with young children with and without disabilities talk about the pandemic and navigate changes to their everyday routines and activities. <https://stemie.fpg.unc.edu/covid-19-resources-families-help-children-understand-covid-19>

The Brain Architects COVID-19 Special Edition: A Different World

In this first episode from a special COVID-19 series of *The Brain Architects* podcast, Center Director Jack P. Shonkoff, M.D., discusses the COVID-19 pandemic in the context of early childhood development. He offers advice to help ensure that adults and the children they care for don't experience the long-term effects of stress, and explains how society can work together to continue to support healthy development. Listen to or download the podcase at https://developingchild.harvard.edu/resources/the-brain-architects-podcast-covid-19-special-edition-a-different-world/?utm_source=announcement&utm_medium=email&utm_campaign=covid_podcast

Holding a Crying Baby Isn't Spoiling Them, You're Just Meeting the Child's Needs

This article summarizes the evidence about why babies cry and underscores that it's virtually impossible to spoil a baby by comforting them when they are crying. Learn more at https://theheartysoul.com/holding-your-crying-baby-isnt-spoiling-them/?fbclid=IwAR1zkyCrC0Y5-gkAldtQH01VnLUjX0_CYSa5zbJkBXDBLx-VykhdlQ2LbTc

Strategies to Fight Trauma and Stress in Children

Some estimate that nearly half of the children in the U.S. experience one or more types of childhood trauma by the time they are 17. This video summarizes findings about the impact of trauma and chronic stress on the children's health and also offers insights about the things that can protect children from the negative impact of adverse experiences. See for yourself at <https://positiveparentingnews.org/news-reports/strategies-to-fight-trauma-and-stress-in-kids/>

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

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