



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

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The Importance of Early Interactions

This 20-minute online module from the Institute for Learning & Brain Sciences (I-LABS) shares the importance of social interactions in a young child's life. Each module delivers content through narrated PowerPoint slides with embedded videos. A discussion guide and handout are also available for this module. <https://modules.ilabs.uw.edu/module/importance-early-interactions/>

Great, Concise Content for Families and Professionals

Visit this site to access 15 handouts with evidence-based information in English and Spanish on key topics ranging from stress and play to self-regulation and verbal development. <https://www.parentingcounts.org/parent-handouts/>

Rural Infants and Toddlers Are Less Likely to Have Access to Key Health Care Resources

A brief from researchers at Child Trends have found that infants and toddlers in rural families with low incomes are less likely to have health insurance than their peers in urban areas. Infants and toddlers in rural families are also less likely to receive preventative medical and dental visits and recommended vaccines. This brief also offers recommendations, including identifying any barriers that rural, low-income families may face in enrolling their children in their state's Children's Health Insurance Program, expanding mobile and telemedicine options to families in remote areas, and exploring gaps in current outreach and enrollment efforts for health care programs and services. Learn more at https://www.childtrends.org/wp-content/uploads/2020/07/Rural-health-iniquities_ChildTrends_July2020.pdf

Are Print Books Better for Toddlers Than e-Books?

Dr. Tiffany Munzer, MD, a pediatrics fellow at CS Mott Children's Hospital, and her colleagues studied a group of two-year-olds and their parents to learn more about their interactions during print and e-book reading. The researchers found that with e-books, families conversed less and focused more on the technology. The researchers said that with print books, parents made more connections between the book and real life. Dr. Munzer said if parents use e-books with young children, they should treat the tablet like a print book. Ask kids questions about the story. Have a back and forth conversation. These are strategies that help build early literacy skills. For an article and video with details, in English and Spanish, go to <https://positiveparentingnews.org/news-reports/are-old-school-print-books-better-than-e-books/>

Relaxed Screen Time Guidelines from the American Academy of Pediatrics

The American Academy of Pediatrics' 2016 digital media guidelines suggest that parents should limit unsupervised screen time to just one hour per day for young children. Because of the pandemic and the shift to virtual learning, these guidelines have been updated. Doctor Jenny Radesky, the author of these guidelines, recommends that parents prioritize engagement when it comes to screen time and select media content carefully. For an article and video with details, in English and Spanish, go to <https://positiveparentingnews.org/news-reports/relax-screen-time-guidelines-right-now/>

GUMDROP: Babies Learn Sounds and Words from You

I call short, engaging videos that pack a content punch "gumdrops." Here's one that shows the magical power of parentese. <https://youtu.be/a7tPyUXu22Q>

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