



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

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### **“Technoference”**: How Phone Use Can Impact Parent-Child Relationships

This video, which is available in English and Spanish, shares results of a study of how internet devices are creating a disconnect in relationships between parents and their children (ages birth through 5), otherwise known as "technoference". The study found that parents who had the most difficult time managing their personal phone use had children exhibiting the most problem behaviors, such as hyperactivity and crying. Dr. Brandon McDaniel, who led the study, offers guidelines for parents to follow in the presence of their child(ren) so that technology doesn't interfere with their relationship, and proposes the implementation of "tech-free zones" or times, such as bedtime and mealtime.

<https://www.childtrends.org/videos/technoference/>

### **Babies’ Babbling Better Brains**

New research shows that babies organize mothers' verbal responses, which promotes more effective language instruction, and infant babbling is the key. Babies modify their sounds to become more speech-like in response to feedback from their caregivers, and that they learn things have names by caregivers naming objects. But how do specific types of babbling elicit particular parental behavior? <https://www.sciencedaily.com/releases/2018/01/180118142545.htm>

### **Fewer Toys at Once May Help Toddlers to Focus Better and Play More Creatively**

This article highlights findings related to the hypothesis that an environment with fewer toys will lead to higher quality of play for toddlers. Each participant ( $n = 36$ ) engaged in supervised, individual free play sessions under two conditions: Four Toy and Sixteen Toy. With fewer toys, participants had fewer incidences of toy play, longer durations of toy play, and played with toys in a greater variety of ways. This suggests that when provided with fewer toys in the environment, toddlers engage in longer periods of play with a single toy, allowing better focus to explore and play more creatively. This can be offered as a recommendation in many natural environments to support children’s development and promote healthy play.

<https://www.sciencedirect.com/science/article/pii/S0163638317301613>

### **Certain Books Can Increase Infant Learning During Shared Reading**

Family members and professionals know that reading to infants is a good thing, but new research shows reading books that clearly name and label people and objects is even better. Doing so helps infants retain information and attend better. Learn more at <http://news.ufl.edu/articles/2017/12/certain-books-can-increase-infant-learning-during-shared-reading-study-shows.php>

### **10 Routines That Can Strengthen a Parent-Child Relationship**

The way to keep a strong bond with children is to build daily habits of connection. Here are ten strategies 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>

### **Tips for Video Chatting with Young Children – Staying Connected While Far Apart**

Do you wonder how to help your young child and his loved ones stay in touch when they are far apart? Children as young as 8 months old respond very well to interactions with people via video chat platforms. Here are some ideas to make video calls more interactive for young children. <https://www.naeyc.org/our-work/families/tips-video-chatting-young-children>

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)