



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

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The Basics of Infant and Early Childhood Mental Health

This resource introduces infant and early childhood mental health, discusses why it is important, and provides policy recommendations. <https://www.zerotothree.org/resources/1951-the-basics-of-infant-and-early-childhood-mental-health>

Infants, Toddlers, and Screen Media

Increasingly, early childhood professionals are being pressured by family members who use screen media with their children at home and want help building the technology skills children will need to use later. But not all screen media are healthy for children and exposing very young children to screen media can have lasting impacts on their learning. This article offers definitions, research, and ideas for professionals and families to use.

<http://www.communityplaythings.com/resources/articles/2016/children-and-screen-media>

Bilingual Babies: Study Shows How Exposure to a Foreign Language Ignites Infants' Learning

A recent study from the University of Washington highlights the cognitive benefits infants experience when exposed to foreign languages. <http://www.washington.edu/news/2017/07/17/bilingual-babies-study-shows-how-exposure-to-a-foreign-language-ignites-infants-learning/>

Brain Development of Children from 0-6 years – Facts Every Family Member and Teacher Should Know

This comprehensive guide to the brain development of children from 0 to 6 years is packed with insightful tips and important facts every parent should know. <https://www.adam-mila.com/brain-development-children-0-6-years/>

Child Care Advocacy Toolkit

Emotionally nourishing relationships lay the foundation for lifelong health and well-being. As almost six million American infants and toddlers spend some part of their day with caregivers other than family members, it is critical that all children and families who need it have access to high-quality child care with knowledgeable and experienced providers. These resources from ZERO TO THREE offer facts about quality infant-toddler child care, talking points for engaging fellow community members and policymakers in conversations about child care, graphics that highlight the importance of access to high-quality child care within your social networks, and more.

<https://www.zerotothree.org/resources/series/child-care-advocacy-toolkit>

Are Colors Innate or Learned?

For decades, cognitive scientists have thought that language largely determines how we see color. But new research with four- to six-month-old infants indicates that long before we learn language, we see up to five basic categories of hue—a finding that suggests a stronger biological component to color perception than previously thought. You can learn more at

https://www.scientificamerican.com/article/are-colors-innate-or-learned/?WT.mc_id=SA_DD_20170712

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

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