



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

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## 5 Steps for Brain-Building Serve and Return

Harvard University's Center on the Developing Child has released a new practitioner tool to use with parents and caregivers. It focuses on the importance of "serve and return" interactions that aid healthy child development. Go to <http://developingchild.harvard.edu/resources/5-steps-for-brain-building-serve-and-return/> to view a video or print a PDF that can be printed and shared.

## Do You Ever Stop To Look At Your Smart Phone?

When you spend time with your children, eating, playing, helping with homework, completing household chores, or just having a conversation--do you ever stop and look at your smart phone? If you do, you might want to stop. That finding comes from a recent study of 170 two-parent households, where both parents filled out surveys about their daily interactions with their kids. Researchers found a connection between parents who stopped to interact with devices such as phones, tablets, or laptops during time with their children and those children's behavioral problems, including hyperactivity, whining, and tantrums. Learn more at <https://www.inc.com/minda-zetlin/want-emotionally-healthy-kids-science-says-stop-doing-this-most-parents-wont.html?cid=nl029week25day19>

## Safe-Sleeping Guide for Parents and Childcare Providers

Creating a safe infant sleep environment is important for promoting healthy infant development, reducing the risk of Sudden Infant Death Syndrome (SIDS), and ensuring quality sleep for both family members and the infant. This July 2017 resource provides an overview of SIDS, reviews the greatest risk factors, and shares guidelines on creating a safe room-sharing or co-sleeping environment that best protects against SIDS. Read more at <https://www.tuck.com/safe-sleeping/>

## Small Children Have Big Feelings

When you talk, read, and sing with a child in sensitive, loving, and responsive ways, you build their brain and help them develop the social-emotional skills they need to succeed in school and life. Check out these videos with tips for understanding and managing a child's behavior, and taking care of yourself during the challenging moments, too!

<http://talkingisteaching.org/big-feelings> (English)

<http://talkingisteaching.org/grandes-emociones> (Spanish)

## Parent-Toddler Behavior and Language Differ When Reading Electronic and Print Picture Books

In this study, parents of 102 toddlers aged 17–26 months were randomly assigned to read two commercially available electronic books or two print format books with identical content with their toddler. After reading, children were asked to identify an animal labeled in one of the books in both two-dimensional (pictures) and three-dimensional (replica objects) formats. Toddlers who were read the electronic books paid more attention, made themselves more available for reading, displayed more positive affect, participated in more page turns, and produced more content-related comments during reading than those who were read the print versions of the books, suggesting that electronic books supported children's learning by way of increasing their engagement and attention. More research is needed to determine the potential hazards and benefits of new media formats for very young children. <http://journal.frontiersin.org/article/10.3389/fpsyg.2017.00677/full>

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)