



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

Issue No. 83 April 2018

New Ways to Teach Children About Perseverance

One way to teach children perseverance: Let them see that it's okay to struggle. Developmental psychologists at MIT have found that babies who watched adults struggle to complete tasks were more likely to show perseverance when faced with a new task themselves later in life. Babies who watched researchers struggle to detach a toy from a carabiner or retrieve a toy from a container were more likely to keep pushing a button on a toy that didn't work during later stages of the experiment. Meanwhile, babies who watched researchers effortlessly complete tasks early on pushed the button less frequently. Visit this site to read or watch a video about this topic in English or Spanish.

<https://www.childtrends.org/videos/how-parents-can-teach-perseverance/>

Making Eye Contact With a Baby Changes Both Your Brain Waves, Study Says

A new study has found that when adults and babies look at each other, their brain waves sync up. This creates what researchers call "a joint networked state" that facilitates communication between the two of them. The study, while small—just 17 babies in one experiment and 19 in the other—also found that babies vocalize, or try to communicate, more when this joint networked state is in effect. <http://time.com/5043217/baby-eye-contact-brain-waves/>

First Feelings: The Foundation of Healthy Development, Starting From Birth

It's so important to help young children learn how to cope with their feelings. This article from ZERO TO THREE offers ideas for how to guide children in sharing the joys and coping with the challenges, starting on day one.

<https://www.zerotothree.org/resources/294-first-feelings-the-foundation-of-healthy-development-starting-from-birth>

Fathers Sing More To Daughters and Roughhouse With Sons in Ways that Impact Development

Researcher Jennifer Mascaro persuaded 52 new dads to give her an intensely intimate glimpse at 48 hours of their lives through recording devices that documented interactions with their children, who were ages 1 to 2. Mascaro and her colleagues at Emory University and the University of Arizona took apart each exchange and coded them to see whether there were any patterns based on the children's genders. The differences were startling. With their boys, the dads tended to engage in more rough-and-tumble play. They also favored language related to achievement, such as "proud," "win" and "top." Fathers of daughters sang more and used more emotional words, especially as related to sadness, and more analytical words, such as "all," "below" and "much." Read more at https://www.washingtonpost.com/news/to-your-health/wp/2017/06/07/fathers-sing-more-to-daughters-and-roughhouse-with-sons-study-finds/?utm_term=.3f6b7b0b5d88 or <http://www.apa.org/pubs/journals/releases/bne-bne000199.pdf>

In Brief: The Science of Early Childhood Development

Based on neuroscience and behavioral research, this short video presents basic principles of early childhood development and discusses outcomes in adulthood as well as implications for policy. The video is available in English and in Spanish, as is a handout that summarizes key points.

http://developingchild.harvard.edu/resources/multimedia/videos/inbrief_series/inbrief_science_of_ecd/

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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