



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

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### **Celebrating Differences: Antiracist Parenting Right From the Start**

Families wonder how to raise children who will stand up against racism. Rebecca Parlakian offers ideas for how to begin those conversations in this resource. [https://www.zerotothree.org/resources/3920-celebrating-differences-antiracist-parenting-right-from-the-start?utm\\_medium=email&utm\\_source=email\\_link&utm\\_content=BabySteps\\_Mar2021&utm\\_campaign=parenting](https://www.zerotothree.org/resources/3920-celebrating-differences-antiracist-parenting-right-from-the-start?utm_medium=email&utm_source=email_link&utm_content=BabySteps_Mar2021&utm_campaign=parenting)

### **COVID-19 is Making Kids Anxious: What Can Parents Do?**

The COVID-19 pandemic has created a stressful time for everyone. This is especially true for children, who are more vulnerable to the emotional impact of traumatic events that disrupt their daily lives. Some children may be more irritable or clingy, and some may regress and demand extra attention. Developmental scientist, Jessica Bartlett, Ph.D., suggests that parents support their children's physical and emotional health by practicing the three R's: routines, regulation and reassurance. Go to this site <https://positiveparentingnews.org/news-reports/covid-19-is-making-kids-anxious-what-can-parents-do/> to read more or watch a video in English or Spanish.

### **The Importance of Early Interactions**

This 20-minute 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/>

### **Content Nuggets Explore Key Ideas About Inclusion**

Early CHOICES and the Early Intervention Training Program at the University of Illinois recently launched a new series of bite-size videos with embedded resources and activities to help understand, promote, and advocate for inclusion for children birth to age 5. Each topic has a guide to support understanding and provide resources on the topic. Topic guides can be used as a companion tool for the learner and as a stand-alone tool to help facilitate discussions and extended learning opportunities. The topics are: Inclusion is a Journey, Least Restrictive Environment, Commitment to Inclusive Practices (Law, Policy), Benefits of Inclusive Practices, Inclusive Settings, and Implementing and Advocating for Inclusion. Find these resources in English and Spanish at <https://www.eclre.org/good-to-know/understanding-inclusion/>

### **Bilingual Baby Brains**

Dr. Naja Ferjan Ramirez measured brain waves from 11-month-olds. She found that bilingual babies showed responses to both languages and had stronger brain responses in areas responsible for executive function. She noted that experiencing a second language during infancy and early childhood can help children develop native-like fluency. Interested? Read or watch more in English or Spanish at <https://positiveparentingnews.org/news-reports/update-bilingual-baby-brains/>

### **Helping Your Blind or Visually Impaired Baby Learn about Reading and Writing**

This resource, which was developed for families, offers practical ideas for encouraging literacy. The examples are logical, practical, and evidence-based. Learn more at <https://familyconnect.org/browse-by-age/infants-and-toddlers/education-iandt/helping-your-blind-baby-learn-about-reading-and-writing/>

**GUMDROP: Inclusion in a Neighborhood** Watch what can happen when neighbors support inclusion. <https://www.cbsnews.com/video/community-learns-sign-language-to-engage-with-2-year-old-girl/>

Baby Talk is a free, one-way listserv that is distributed monthly. Each issue features high quality, readily available, and free resources. **Resources in Spanish are highlighted.** All or part of Baby Talk may be freely shared or copied. To subscribe to BabyTalk, or for more information, please contact Camille Catlett at [camille.catlett@unc.edu](mailto:camille.catlett@unc.edu)