



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

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### Books About Feelings for Babies and Toddlers

Books are powerful tools that can help children make sense of difficult feelings. Explore this reading list to find books helping infants and toddlers to navigate complex feelings and experiences, including anger, fear, grief and loss, and divorce.

<https://www.zerotothree.org/resources/7-books-about-feelings-for-babies-and-toddlers>

### Brilliant Bilingual Babies

Babies are remarkably good at learning languages in their first year of life. In this brief, find out how home visitors can support young children who are learning more than one language. Discover the most up-to-date information to answer three prompts: “What does research say?”; “What does it look like?”; and “Try this!” Also, find an accompanying resource, Connecting at Home. It offers tips for families of children who speak more than one language.

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/brilliant-bilingual-babies.pdf> (English)

<https://eclkc.ohs.acf.hhs.gov/es/publicacion/bebes-bilingues-brillantes> (Spanish)

### How the Pandemic Is Affecting Babies' Brains

Research is emerging that some babies are developing differently than they did before the COVID-19 pandemic — not because of exposure to COVID itself, but likely because of stress and social isolation. Children born during the pandemic have reduced verbal, motor and overall cognitive performance compared to those born pre-pandemic, according to a study at Brown University that is awaiting peer-review and publication. Learn more at <https://hechingerreport.org/how-the-pandemic-is-affecting-babies-brains/>

### Free Play May Help Infants Learn and Develop

The benefits of object play (blocks, puzzles, etc.) for infant learning and development are well documented. Less is known about how natural play unfolds in home environments and real-life settings. Read more about what we’re learning about different opportunities supported by play at <https://neurosciencenews.com/free-play-learning-development-19384/>

### Five Things to Know about STEM Learning in Young Children

All children have the capacity to engage in activities that teach them about science, technology, engineering, and mathematics (STEM), not just older students. Learn more at <https://stemie.fpg.unc.edu/node/2>

### The Grandmother Connection

Grandmothers feel the same emotions their grandkids are feeling when they look at pictures of them, according to a recent study. Scientists reveal that if a grandchild is smiling in an image, grannies feel their joy. But if the youngster is crying, they share their pain and distress. Read more at <https://www.studyfinds.org/grandmothers-feel-grandchildren-emotions-photos/>

### Nurturing Gratitude

As you’ve probably noticed, your kids are watching your every move. Here’s how to set a great example by modeling kindness, generosity, and gratitude in your own everyday interactions. [https://www.zerotothree.org/resources/3753-nurturing-gratitude?utm\\_medium=email&utm\\_source=email\\_link&utm\\_content=BabySteps\\_November2021&utm\\_campaign=Q1\\_2022\\_Parenting\\_ParentingResources](https://www.zerotothree.org/resources/3753-nurturing-gratitude?utm_medium=email&utm_source=email_link&utm_content=BabySteps_November2021&utm_campaign=Q1_2022_Parenting_ParentingResources)

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 Baby Talk, or for more information, please contact Camille Catlett at [camille.catlett@unc.edu](mailto:camille.catlett@unc.edu)