



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

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## **An Infographic Guide to Your Baby's First Year**

While every child develops at his or her own rate, this depiction of first year milestones may be a helpful resource to family members or others who are less familiar with the sequence.

<http://www.mentalfloss.com/article/86808/infographic-guide-your-babys-first-year>

## **Infants Develop Early Understanding of Social Nature of Food**

Infants develop expectations about what people prefer to eat, providing early evidence of the social nature through which humans understand food, according to a new study conducted at the University of Chicago. The study, published in the Proceedings of the National Academy of Sciences, found infants expect people to share food preferences unless they belong to different social groups. Their understanding changes when it comes to disgust toward a food, with infants expecting such reactions to transcend the boundaries of social groups. Even before infants appear to make smart choices about what substances to ingest, they form nuanced expectations that food preferences are fundamentally linked to social groups and social identity. There is more information at this link:

<https://news.uchicago.edu/article/2016/08/22/infants-develop-early-understanding-social-nature-food>

## **Turning Down The Background Noise Could Help Toddlers Learn**

Loud background noise may make it harder for toddlers to learn language, according to a recent [study](http://onlinelibrary.wiley.com/doi/10.1111/cdev.12559/abstract) (<http://onlinelibrary.wiley.com/doi/10.1111/cdev.12559/abstract>). Other [studies](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3757288/) (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3757288/>) have already found that background noise can limit children's abilities to learn. Television noise, in particular, is ubiquitous in American homes and may negatively affect a [child's ability to concentrate](http://www.npr.org/sections/health-shots/2012/10/01/162097132/researchers-say-kids-are-exposed-to-startling-amounts-of-background-tv) (<http://www.npr.org/sections/health-shots/2012/10/01/162097132/researchers-say-kids-are-exposed-to-startling-amounts-of-background-tv>).

## **Milestones in Action Photo and Video Library**

The "Learn the Signs. Act Early" project has developed a free library of photos and videos demonstrating developmental milestones from 2 months to 5 years of age. The [Milestones in Action](https://www.cdc.gov/ncbddd/actearly/milestones/milestones-in-action.html) library (<https://www.cdc.gov/ncbddd/actearly/milestones/milestones-in-action.html>) was created to help family members, early care and education providers, and healthcare providers identify developmental milestones in very young children and recognize any areas of concern. No permissions are needed to use the photos and images in this library for educational or awareness-building purposes.

## **Creating Playgrounds Where Babies Learn to Talk**

A campaign to encourage brain development is using parks to deliver its message to children and their caregivers. Mixed in among the bright primary colors of the structure are white panels plastered with whimsical illustrations and phrases like "let's talk about the sunshine" and "let's talk about food." They're not a random addition; the panels are a deliberate attempt to foster early language and brain development in babies and toddlers. The basic idea is that family members and other caregivers can use the panels (they're image-heavy so that parents who aren't literate themselves can still participate) to spark conversations with their kids while they play. Read the article to learn more.

<http://www.theatlantic.com/education/archive/2016/12/the-playground-where-babies-learn-to-talk/509420/>

Baby Talk is a free, one-way listserv that is distributed monthly. Each issue features resources that are high quality, readily available and free. To join the listserv, send an email **with no message** to [subscribe-babytalk@listserv.unc.edu](mailto:subscribe-babytalk@listserv.unc.edu) 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)