



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

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Can Babies Do More With Less?

"Imagine not offering babies any toys until they find their hands for play," writes Deb Curtis in this fascinating article. Read on to learn about an approach used by the Pikler Institute in Hungary, where they have documented over 75 ways that babies learn to use their hands for play. If you want to learn about alternatives to toys that beep, rattle, and flash, read on at <http://www.communityplaythings.com/resources/articles/2018/seeing-children-do-more-with-less> Thanks to Community Playthings for making this article available!

Social-Emotional Development in the First Three Years

This April 2018 brief from Pennsylvania State University offers multiple strategies to improve care-giving and the social-emotional development of young children. Some examples of the strategies are 1) home visitation programs that offer support and information to parents just before the baby's birth; 2) skill training aimed to strengthen parental responsiveness to improve the child's sense of security and social-emotional skills; and 3) mental health consultation to support caregivers in early care. Get the scoop at

https://www.rwjf.org/content/dam/farm/reports/issue_briefs/2018/rwjf444708

Navigating the What, When and How of Infant and Toddler Feeding

Good early childhood nutrition creates a foundation for good health over the course of a child's life, but often families and caregivers receive confusing or mixed messages about what to feed their infants and toddlers. 1,000 Days is partnering with the Centers for Disease Control and Prevention and Healthy Eating Research to provide accessible, evidence-based information about best practices for feeding infants and toddlers. Learn more and access their clever new series of informative videos at <https://thousanddays.org/for-parents/>

Making More Time for Imaginary Play

Walk into a preschool classroom and you're likely to find kids pretending to be someone, or something, else. You might find a pint-sized teacher leading a group of peers in a lesson, or a pastry chef preparing to open a bakery. Imaginary play is one of the hallmarks of childhood, and it's more than fun and games. Pretend play boasts important benefits when it comes to child development. To learn more, go to

<http://www.pbs.org/parents/expert-tips-advice/2018/03/5-reasons-to-make-more-time-for-imaginary-play/>

Early Life Experiences Influence DNA in the Adult Brain

A new study suggests an intriguing connection between nature and nurture. Salk Institute scientists report in the journal *Science* that the type of mothering a female mouse provides her pups actually changes their DNA. The work lends support to studies about how childhood environments affect brain development in humans and could provide insights into neuropsychiatric disorders such as depression and schizophrenia. Learn more at

<https://www.salk.edu/news-release/early-developmental-experiences-influence-dna-in-the-adult-brain/>

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