



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

Issue No. 72 May 2017

### **Fear and Anxiety – An Age by Age Guide to Common Fears, the Reasons for Each and How to Manage Them**

This helpful resource breaks down childhood fears by ages and then explains them.

<http://www.heysigmund.com/age-by-age-guide-to-fears/>

### **Daily Touchscreen Use in Infants and Toddlers is Associated with Reduced Sleep and Delayed Sleep Onset**

Recently published research based on a survey of families in the United Kingdom showed that 75% of toddlers ages 6 months to 3-years use a touchscreen daily. Results showed every additional hour of touchscreen use was associated with an overall reduction in sleep of 15.6 minutes. Read more at <https://www.nature.com/articles/srep46104>

### **Hold Those Babies: Study Shows Early Touch Has Lasting Effects on Babies**

Forget what Grandma or out-of-date baby books might have once preached: Hold those snuggly newborns as much as you can. It's not only good for you, it's good for them. Research reported in the March 2017 issue of *Current Biology* (<https://www.sciencedaily.com/releases/2017/03/170316120502.htm>) shows that those early experiences when babies are touched and held linger in their brains. Go to <http://www.today.com/parents/hold-those-preterm-babies-early-often-study-says-t109319> to see a short video that summarizes the findings.

### **Free Information and Resources for New Parents**

Arizona First Things First recently created a **digital Parent Kit** (<http://www.firstthingsfirst.org/Parent-Kit>) to help new parents support the healthy development of their infants, toddlers, and preschoolers. The virtual resource provides information on child development, health and safety, how to choose high-quality child care, family well-being, and school readiness. Very little of the content is Arizona-specific.

### **How Cities Embrace Their Infants and Toddlers**

A February 2017 brief, **How Cities Embrace Their Infants and Toddlers** (<http://ecactioncollective.org/index.php/blog/207-how-cities-embrace-their-infants-and-toddlers>), looks at how U.S. cities are addressing the early learning needs of babies and toddlers. It provides examples from several city projects, including Baltimore, Boston, Cambridge, Cincinnati, District of Columbia, Memphis, Minneapolis, New York, Providence, San Antonio and Seattle.

### **The Sooner You Expose a Baby to a Second Language, The Smarter They'll Be**

A new study shows that babies raised in bilingual environments develop core cognitive skills like decision-making and problem-solving -- before they even speak. Read more at

[http://bigthink.com/laurie-vazquez/the-sooner-you-expose-a-baby-to-a-second-language-the-smarter-theyll-be?utm\\_campaign=Echobox&utm\\_medium=Social&utm\\_source=Facebook#link\\_time=1488488006](http://bigthink.com/laurie-vazquez/the-sooner-you-expose-a-baby-to-a-second-language-the-smarter-theyll-be?utm_campaign=Echobox&utm_medium=Social&utm_source=Facebook#link_time=1488488006)

### **Working Toward a Definition of Infant/Toddler Curricula**

An April 2017 brief explores the meaning of the word "curriculum" when applied to working with infants and toddlers.

**Working Toward a Definition of Infant/Toddler Curricula: Intentionally Furthering the Development of Individual Children within Responsive Relationships** (<https://www.acf.hhs.gov/opre/resource/working-toward-definition-infant-toddler-curricula-intentionally-furthering-development-individual-children-relationships>) focuses on how programs can incorporate and use the concepts of a curriculum in a way that is developmentally appropriate for infants and toddlers.

Baby Talk is a free, one-way listserv that is distributed monthly. Each issue features high quality, readily available, and free resources. 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)