



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

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It's a Kid's Job: Playing Helps Kids Learn and Grow

What would childhood be without time to play? Play, it turns out, is essential to growing up healthy. Research highlighted in this article from the National Institutes of Health reveals how “*play can help boost brain function, increase fitness, improve coordination, and teach cooperation.*” shows that active, creative play benefits just about every aspect of child development. <https://newsinhealth.nih.gov/special-issues/parenting/its-kids-job>

Parenting and the Development of Children's Emotions

Ever wondered how children learn to share their feelings? Studies reveal that three main factors observed in parents help determine how children will express their emotions. These are: 1) how parents display their own emotions, 2) how parents respond to the child's emotions, 3) and the family's overall emotional demeanor. Learn more from this video and article, in English and Spanish. <https://www.childtrends.org/videos/parenting-and-emotion>

Effective Discipline to Raise Healthy Children

Corporal punishment – or the use of spanking as a disciplinary tool – increases aggression in young children in the long run and is ineffective in teaching a child responsibility and self-control. In fact, new evidence suggests that it may cause harm to the child by affecting normal brain development. Other methods that teach children right from wrong are safer and more effective. The American Academy of Pediatrics (AAP) has strengthened its call to ban corporal punishment in an updated policy statement (<http://pediatrics.aappublications.org/content/early/2018/11/01/peds.2018-3112>). The policy statement also addresses the harm associated with verbal punishment, such as shaming or humiliation.

Seven Research-based Ways Families Promote Early Literacy Learning

This video from the Global Family Research Project, Ready Rosie, and Abriendo Puertas brings to life seven research-based ways families can promote early literacy. English (<https://youtu.be/J0zFbcsd4Vg>) and Spanish (<https://youtu.be/kCVN1pLAQoY>) versions demonstrate best practices for families and for all practitioners who are supporting family literacy. Additional information on these evidence-based practices is available in English and Spanish at <https://globalfrp.org/Articles/Seven-Research-Based-Ways-Families-Promote-Early-Literacy>

Encouraging Children “to Help” Instills Persistence; Asking Them to “be Helpers” Doesn't

Encouraging children “to help,” rather than asking them to “be helpers,” can instill persistence as they work to fulfill daily tasks that are difficult to complete, according to a new study. The findings suggest that using verbs to talk about actions with children, such as encouraging them to help, read, and paint, may help lead to more resilience following the setbacks that they inevitably experience rather than using nouns to talk about identities—for example, asking them to be helpers, readers, or artists. Explore the research at <https://www.futurity.org/persistence-encouragement-children-1870522/>

Baby Talk is a free, one-way listserv that is distributed monthly. Each issue features high quality, readily available, and free resources. Resources **highlighted in yellow** are available in English and Spanish. To join the listserv, send an email **with no message** to subscribe-babytalk@listserv.unc.edu

Support for Baby Talk is provided by the [Pritzker Children's Initiative](http://pritzkerchildrensinitiative.org/) (<http://pritzkerchildrensinitiative.org/>) and the [North Carolina Early Childhood Foundation](https://buildthefoundation.org/) (<https://buildthefoundation.org/>).

Past issues of Baby Talk are archived at <https://buildthefoundation.org/baby-talk/> For more information, please contact Camille Catlett at camille.catlett@unc.edu