



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

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### Playing Helps Children Learn and Grow

When infants are playing with objects, their early attempts to pay attention to things are accompanied by bursts of high-frequency activity in their brain. But what happens when parents play together with them? Research summarized in this column from the National Institutes for Health shows that when adults are engaged in joint play together with their infant, their own brains show similar bursts of high-frequency activity. Learn more about this research and about ways to playfully support both children and adults at <https://newsinhealth.nih.gov/special-issues/parenting/its-kids-job> in English and <https://salud.nih.gov/articulo/es-un-trabajo-de-ninos/> in Spanish.

### Equitable Approaches to Supporting Infants and Toddlers of Color

Prioritizing strategies that eliminate barriers for children of color improves outcomes for all the youngest children in a state or region. North Carolina models this approach in their recent publication **Opportunity for All? North Carolina's Babies and Toddlers of Color**. The document disaggregates data on key measures of success to shine a light on the current disparities in outcomes—and opportunity—among groups of young children and their families. A set of questions in the report may help other states, regions, agencies, and projects to reflect on how to follow this North Carolina example. Download the research brief at

[https://files.buildthefoundation.org/wp-content/uploads/2019/01/FINAL\\_NCECF\\_report-opportunityforall.pdf](https://files.buildthefoundation.org/wp-content/uploads/2019/01/FINAL_NCECF_report-opportunityforall.pdf)

### Opening Doors for Young Parents

This recent report from the Annie E Casey Foundation documents the barriers that young families (18-24 years old) face. It examines national and state-level trends — highlighting areas of opportunity and concern — and then shares potential solutions that can help these families thrive. The report warns that we cannot change odds and outcomes by solely focusing on children when their lives are indelibly shaped by the adults raising them. <https://www.aecf.org/m/resourcedoc/aecf-openingdoorsforyoungparents-2018.pdf>

### Learning Is Everywhere: Where Will You Learn?

Each month Pennsylvania's Mary Hall puts out a collection of fun ideas on a specific topic to help prepare children for school success. For example, the February 2019 collection focuses on learning while at the doctor's office and includes activities for supporting infants and toddlers (as well as older children) during doctor's office visits, children's books about going to the doctor, and more. While a small amount of the content is Pennsylvania-centric, most is not. To access a 12-month calendar, see the resource collection for each month, or sign up to receive a new collection by email each month, go to

<https://www.papromiseforchildren.org/en/pages/learning-is-everywhere> Resources are available in English and Spanish.

### Boys and Girls Share Similar Math Abilities at Young Ages, Study Finds

Ever wondered why fewer females enter math and science career fields? A new study shows boys and girls don't have an innately different ability to understand numbers. But clearly, somewhere along the way in their educational journey something different is happening. Want to change that pattern? Access this news story (<https://news.uchicago.edu/story/boys-and-girls-share-similar-math-abilities-young-ages-study-finds>) and you'll also find links to two articles for supporting math learning in very young girls and boys, as well as a link to the original research study.

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](mailto:subscribe-babytalk@listserv.unc.edu)

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