



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

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Is Story Time Better With Print Than E-Books?

Picking what book to read isn't the only choice families now make at story time -- they must also decide between the print or electronic version. New research finds that caregivers and children talk and interact less with electronic books compared to print books. Read more at

<https://labblog.uofmhealth.org/lab-report/story-time-better-print-books-than-e-books-study-suggests>

Helping Babies Learn to Fall Asleep On Their Own: What Research Says

Parents get advice (and judgment!) from all sides, especially when the topic of sleep comes up. Everyone has something to say. This helpful article by Rebecca Parlakian shares what we actually know, based on the research.

<https://www.zerotothree.org/resources/2724-helping-babies-learn-to-fall-asleep-on-their-own-what-research-says>

Tip Sheets on Supporting the Development of Self-Regulation in Infants and Toddlers

Explore these evidence-based opportunities for caregivers to use co-regulation to support development of self-regulation skills in infants and toddlers.

[https://www.acf.hhs.gov/sites/default/files/opre/tip_sheet_infants_accessible_508.pdf?ct=t\(NC_CCR&R_Update\)&mc_cid=574d68538d&mc_eid=5f4253054b](https://www.acf.hhs.gov/sites/default/files/opre/tip_sheet_infants_accessible_508.pdf?ct=t(NC_CCR&R_Update)&mc_cid=574d68538d&mc_eid=5f4253054b) (infants)

[https://www.acf.hhs.gov/sites/default/files/opre/tip_sheet_toddlers_accessible_5082.pdf?ct=t\(NC_CCR&R_Update\)&mc_cid=574d68538d&mc_eid=5f4253054b](https://www.acf.hhs.gov/sites/default/files/opre/tip_sheet_toddlers_accessible_5082.pdf?ct=t(NC_CCR&R_Update)&mc_cid=574d68538d&mc_eid=5f4253054b) (toddlers)

How to Read with a Squiggly Baby (or Toddler)

Parents know they should read with their child every day. But reading together requires that your baby or toddler will actually sit still long enough for a book! If you've got a squiggler in your house, see if these tips help your reading time go a little more smoothly. <http://www.colorincolorado.org/article/how-read-squiggly-baby-or-toddler> (English)

<http://www.colorincolorado.org/es/articulo/c%C3%B3mo-leer-con-un-inquieto-beb%C3%A9-%C2%A1o-ni%C3%B1o-peque%C3%B1o> (Spanish)

Let Your Hands Do the Talking

When it comes to supporting language development, developmental psychologists say it's not just the words, but our movements that are especially important. Read more and watch a video, in English and Spanish, that shares how gestures can help children to learn and retain new words and concepts.

<https://www.childtrends.org/videos/parents-let-your-hands-do-the-talking>

Does Income Impact Early Development?

Neuroscientist and pediatrician Kimberly Noble is leading the Baby's First Years study: the first-ever randomized study of how family income changes children's cognitive, emotional and brain development. Her team is working to find out: Can we help kids in poverty simply by giving families more money? Learn more by watching Dr. Noble's TED Talk at

https://www.ted.com/talks/kimberly_noble_how_does_income_affect_childhood_brain_development

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

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