



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

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### 100 Engaging Activities for Babies

As a nod to this, the 100<sup>th</sup> issue of BabyTalk, this website features lots of easy, no cost/low cost activities to support development across domains on infant development. <https://kidsactivitiesblog.com/58800/100-activities-for-babies/>

### Building Babies' Brains Through Play: Mini Parenting Master Class

Did you know that the most important interactions you have with a child can happen through play? By engaging in playful **serve and return** with a child, you can literally help build stronger connections in the brain. Strong neural connections are the foundation for all of a child's future learning, behavior, and health. In this Mini Parenting Master Class from UNICEF, Center on the Developing Child Director Jack P. Shonkoff, M.D., explains the importance of serve and return interactions like play—and how easy they are to do, especially through practice! Find out more at <https://developingchild.harvard.edu/resources/building-babies-brains-through-play-mini-parenting-master-class/>

### Guide to Vision Health for Your Newborn, Infant, and Toddler

This comprehensive resource offers information on a variety of topics, including common milestones for visual development, how to help a baby's vision to develop, warning signs of possible vision problems, and more. Take a look at [https://www.preventblindness.org/sites/default/files/national/documents/2019\\_PB95\\_Newborn.pdf?utm\\_content=&utm\\_medium=email&utm\\_name=&utm\\_source=govdelivery&utm\\_term=](https://www.preventblindness.org/sites/default/files/national/documents/2019_PB95_Newborn.pdf?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=)

### Cake or Broccoli: When Can Toddlers Answer “This or That” Questions?

If you ask a toddler, “would you like cake or broccoli?” the answer—8 times out of 10—will be broccoli, report researchers. This has less to do with parents successfully instilling healthy food preferences than the order of the choices. A new study finds that toddlers are highly subject to recency bias when faced with “or” questions: They tend to pick the last option, even if it's not what they actually want. Researchers asked 24 toddlers between 21 and 27 months old 20 questions in which they had to choose between option 1 and option 2. When toddlers responded verbally, they picked the last option presented 85.2 percent of the time. When pointing rather than speaking, they chose the last option only 51.6 percent of the time. According to study author Emily Sumner, this difference is related to the development of children's working memory, which is concerned with immediate conscious perception and linguistic processing. Learn more at <https://www.futurity.org/recency-bias-toddlers-choices-2114672-2/>

### Best Toys for Baby

Gone are the days of building blocks and wooden trains; many of today's toys actually talk to you and let you respond back. But research is showing that these innovative devices may affect how parents interact with their babies. Scientists examined parents and their two-year-olds as they played with either a traditional shape sorter toy or one that was enhanced with sounds, songs, and voices. They found that parents used higher-quality language and more spatial words, like “triangle” or “over,” when they played with traditional toys compared to electronic toys. Read more or watch a video, in **English or Spanish**, at <https://www.childtrends.org/videos/best-toys-for-baby>

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** or signature block to [subscribe-babytalk@listserv.unc.edu](mailto:subscribe-babytalk@listserv.unc.edu)

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