



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

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### Infants, Toddlers, and Screen Media

In this article, author Shannon Lockart reminds us of the negative and permanent impact excessive screen use has on young children. She reports that “the effects of media on children’s learning and behavior is so profound that the American Academy of Pediatrics states that no child under the age of two should be exposed to screen media.” Read more at <http://www.communityplaythings.com/resources/articles/2016/children-and-screen-media>

### Why Interaction Must Come Before Language

Every family member is eager to hear their child use words and start putting sentences together. But did you know that the road to successful communication begins long before children start using words?

<http://www.hanen.org/Helpful-Info/Articles/Why-Interaction-Must-Come-Before-Language.aspx>

### Five Essentials to Meaningful Play

When you think back on your childhood, what happy play memories come to mind? Adults today tend to think back on their childhood play memories with nostalgia and often call them the “good old days.” Are our children experiencing the same kind of joy and meaning in their play? Here are five elements essential to meaningful play that create those rich memories we treasure.

<http://families.naeyc.org/learning-and-development/child-development/five-essentials-meaningful-play>

### How Reading to Babies Turns Babble Into Language

Reading to babies does more for language development than playing with toys or puppets. More back-and-forth interaction could be the reason why, a new study finds. Researchers looked at how mothers responded to their 12-month-olds during book reading, puppet play, and toy play. They found that the babies made more speech-like sounds during reading than when playing with puppets or toys. They also discovered mothers were more responsive to these types of sounds while reading to their child than during the other activities. Read more at

<http://www.futurity.org/babies-reading-language-interaction-1089182/>

### New Research Ends an Age-Old Debate: Will You Spoil Your Baby If You Pick It Up Each Time It Cries?

New research points to cuddled children growing up to be healthier, less depressed, kinder, more empathetic, and more productive adults. Read about why snuggles matter at <http://kfor.com/2016/02/01/new-research-ends-an-age-old-debate-will-you-spoil-your-baby-if-you-pick-it-up-each-time-it-cries/>

### Practice Makes Perfect: Switching Between Languages Pays Off

Bilingual children are better than monolinguals at a certain type of mental control; children with more practice switching between languages have even greater skills. Bilingual speakers can thank the sometimes-arduous practice of switching from one language to another for this skill. You can read more at <http://www.concordia.ca/news/media-relations/news/media-relations/news-releases/cunews/main/releases/2016/02/03/practice-makes-perfect.html>

Baby Talk is a free, one-way listserv that is distributed monthly. Each issue features resources that are high quality, readily available and free. To join the listserv, send an email **with no message** to

[subscribe-babytalk@listserv.unc.edu](mailto:subscribe-babytalk@listserv.unc.edu) To suggest resources, please contact  
Camille Catlett at [camille.catlett@unc.edu](mailto:camille.catlett@unc.edu)