



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

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Let a Child Learn By Labelling

At 12 months, most babies know and understand about 50 words. Families and caregivers often look for ways to help little ones absorb more. A new study offers some insight into how babies use the words they hear to learn more about the world. Read more or watch a video, in English or Spanish, at

<https://positiveparentingnews.org/news-reports/let-your-baby-learn-by-labeling/>

Using Stories to Nurture Identity

What do young children understand about their identity? How can families and caregivers help them construct a positive self-identity? Read this for tips and tools. <https://www.zerotothree.org/resources/2788-using-stories-to-nurture-identity>

How to Stay Calm When a Baby Won't Stop Crying

You've tried feeding, burping, and changing their diaper. Could it be gas? Maybe they're teething. Here's what to do when a baby won't stop crying. <https://www.zerotothree.org/resources/2171-how-to-stay-calm-when-baby-won-t-stop-crying>

What's the Deal with Parallel Play?

Parallel play is one of many essential stages of play that introduce young children to social interaction. With it, children aren't really playing with each other but rather next to each other. Children may play with comparable toys but work independently and are not communicating with one another. This form of play is common between children who are 2-3, but it can happen at any age. Learn more at <https://www.theedadvocate.org/the-edvocates-guide-to-parallel-play/>

Parenting Tips for Language Development

In this 9-video series, take a peek at how babies go from babbling to telling complex stories. Hear I-LABS co-director Dr. Patricia Kuhl describe children's language skills at various ages, including what's going on in their brain, how caregivers can support language growth, and upcoming language milestones. While the title focuses on families, the content is useful for all. <https://modules.ilabs.uw.edu/video-library/>

When You're Smiling, The Whole World Really Does Smile With You

Groundbreaking research from the University of South Australia confirms that the act of smiling can trick your mind into being more positive, simply by moving your facial muscles. With the world in crisis amid COVID-19, and alarming rises of anxiety and depression in Australia and around the world, the findings could not be timelier. When your muscles say you're happy, you're more likely to see the world around you in a positive way. Read more at <https://www.unisa.edu.au/Media-Centre/Releases/2020/when-youre-smiling-the-whole-world-really-does-smile-with-you/>

GUMDROP: Your Child Needs to Know You'll Be There

This clip is a reminder of how much children rely on us to help them to safely explore the boundaries of independence. <https://youtu.be/HutcpeVox34>

Baby Talk is a free, one-way listserv that is distributed monthly. Each issue features high quality, readily available, and free resources. **Resources in Spanish are highlighted.** All or part of Baby Talk may be freely shared or copied. To subscribe to BabyTalk, or for more information, please contact Camille Catlett at camille.catlett@unc.edu