



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

Issue No. 129 February 2022

A Year of Play

Browse fun seasonal activities by month to find play activities that promote your child's development throughout the year. With a different theme for each month, this resource offers separate playful opportunities for infants and for toddlers.

<https://www.zerotothree.org/resources/1090-a-year-of-play>

Babies Sleep Can Be Interrupted

Recent research from McGill University in Quebec suggests that it is common for babies to not sleep through the night. The researchers also found no association between sleeping through the night and later mental and physical development. Read more or watch a video in English or [Spanish](#) at <https://positiveparentingnews.org/news-reports/babies-sleep-can-be-interrupted/>

Support for Grandparents Raising Their Grandchildren

Almost 3 million grandparents are raising their grandchildren today, which often is the unfortunate result of tragic circumstances. In a response to this, the folks at MoneyGeek worked with experts to publish a guide that connects grandfamilies to financial assistance and living resources at federal, state, and local levels.

<https://www.moneygeek.com/financial-planning/support-for-grandfamilies/>

Newborns Benefit From Observing Caregivers

Newborns actively observe their caregivers and try to imitate their movements. Allowing a newborn to observe everyday tasks helps them learn about their environment. A new research study found that babies 0-3 months old benefit from observing caregivers handling everyday objects and from early interactions. Read more at

<https://www.verywellfamily.com/newborns-benefit-from-observing-caregivers-study-says-5192601>

The Brain Benefits of Napping

Scientists are finding the benefits of naps, which may include increased emotional memory and emotional regulation. Read more or watch a video in English and [Spanish](#) at <https://positiveparentingnews.org/news-reports/the-brain-benefits-of-napping/>

What's the Connection Between Time Outside and Good Vision?

Decreased exposure to outdoor light appears to be a major factor in rising rates of myopia in young people around the world. A largely unrecognized epidemic of nearsightedness, or myopia, is afflicting the eyes of children. The growing incidence of myopia is related to changes in children's behavior, especially how little time they spend outdoors, often staring at screens indoors instead of enjoying activities illuminated by daylight. Read more at

<https://www.nytimes.com/2021/05/03/well/live/nearsightedness-myopia-children.html>

GUMDROP: The Importance of Representation

It's important for children to see themselves authentically represented in the books they read and movies they watch. Scroll down to see the reaction of 2-year-old Manu when she sees herself. <https://www.buzzfeed.com/pablovaldivia/mirabel-encanto-representation>

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 Baby Talk, or for more information, please contact Camille Catlett at camille.catlett@unc.edu