



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

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Reading with Toddlers Yields Benefits Including Less Harsh Parenting and Enhanced Child Behavior

People who regularly read with their toddlers are less likely to engage in harsh parenting and the children are less likely to be hyperactive or disruptive, a recent study finds. “For parents, the simple routine of reading with your child on a daily basis provides not just academic but emotional benefits that can help bolster the child’s success in school and beyond,” said lead researcher Manuel Jimenez. The results showed that frequent shared reading at age 1 was associated with less harsh parenting at age 3, and frequent shared reading at age 3 was associated with less harsh parenting at age 5. Mothers who read frequently with their children also reported fewer disruptive behaviors. Read more at https://journals.lww.com/jrnldb/Abstract/publishahead/Early_Shared_Reading_Is_Associated_with_Less_Harsh.99199.aspx

Too Many Toys?

A recent study suggests that when it comes to toys, think quality over quantity. Researchers studied groups of toddlers during free play sessions. In some sessions, the children had four toys to play with; in others, they had 16. When the children had just four toys, the interactions were almost twice as long, suggesting that they had time for quality play—meaning they used the toy in different ways beneficial for development. Researchers also said a smaller number of toys could limit distractions. The results suggest that families and educators might consider putting some toys away and rotating out a few at a time. Read more or watch a video, in English or [Spanish](https://www.childtrends.org/videos/too-many-toys), at <https://www.childtrends.org/videos/too-many-toys>

Hindsight on Parenting

Ever wonder how you will feel about yourself as a parent when you look back on those days in the future? In this thoughtful column, Rebecca Parlakian looks back on her earlier parenting days and offers five insights she wishes she could offer her younger self about parenting. Do yourself a favor: Take five minutes to relax with the wisdom Rebecca has to offer. You’ll be glad you did. <https://www.zerotothree.org/resources/2740-a-little-bit-of-magic>

Helping Babies Deal with Emotions

Do you know how to help an infant cope with their emotions? New research offers some clues. Researchers studied 135 moms, dads, and babies and found when parents used an approach of talking called “mind-mindedness,” their babies had better emotional regulation at 12 months. Mind-mindedness techniques involve acknowledging and verbalizing an infant’s emotions. Comments like, “You want daddy to pick you up,” “You’re excited to play,” and “You don’t like it when mommy does that” are examples. Read more or watch a video, in English or [Spanish](https://www.childtrends.org/videos/help-your-baby-deal-with-emotions), at <https://www.childtrends.org/videos/help-your-baby-deal-with-emotions>

Math Talk with Infants and Toddlers

Children develop math concepts and skills very early in life. From the moment they are born, babies begin to form ideas about math through everyday experiences and, most important, through interactions with trusted adults. Language—how we talk with infants and toddlers about math ideas like *more*, *empty*, and *full*—matters. Check out this article from NAEYC for ideas on how five basic math concepts can be woven into our everyday conversations with infants and toddlers. <https://www.naeyc.org/our-work/families/math-talk-infants-and-toddlers>

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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