



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

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## Tips for Tots

Looking for evidence-based strategies for supporting very young children to learn and grow. You may want to check out the Tips for Tots series. Each one-page document features a theme (e.g., Support with Transitions), information about what to expect and why, and strategies for supporting the emotional health and success of infants and toddlers.

[http://www.abhct.com/Programs\\_Services/ECCP/Forms-and-Resources/](http://www.abhct.com/Programs_Services/ECCP/Forms-and-Resources/)

## The First 1,000 Days: Nourishing America's Future

The first 1,000 days of a child's life — from pregnancy to age 2 — offer a unique window of opportunity to build healthier and more prosperous futures. This report represents an attempt to contribute to that understanding and to galvanize a movement to ensure that every child in America has a healthy first 1,000 days. In Part 1 of the report, we examine the foundational role that nutrition plays in giving young children a strong start to life. In Part 2, we look at how young children and their families in the U.S. are faring when it comes to nutrition. Finally, in Part 3, we highlight areas where greater action is needed to improve the nutritional health of America's youngest children and their families.

<http://thousanddays.org/tdays-content/uploads/1000Days-NourishingAmericasFuture-Report-FINAL-WEBVERSION-SINGLES.pdf>

## Songs for Young Children

The website of the National Association for the Education of Young Children (NAEYC) features a collection of children's music - great for listening, singing, dancing, and learning at home, at school, or anywhere. Songs are in English and other languages. The full collection is available at <http://families.naeyc.org/songs/archive> A smaller collection with ideas for using the songs to support learning and development are available at <http://families.naeyc.org/songs>

## Early Learning Activities & Visual Supports to Teach Toddlers with Autism New Skills and Routines

Family Implemented TEACCH<sup>1</sup> for Toddlers (FITT) is a collaborative family education and support model designed to help families better understand and engage with their toddler with autism spectrum disorder. Based on and adapted from the TEACCH model, FITT uses Structured TEACCHing strategies to facilitate toddler's receptive and expressive communication, social communication, and play skills. In FITT, the interventionist and parent work together to create or adapt a set of **early learning activities** to teach toddlers new skills and routines. These are highly visual activities that teach the toddler how to engage with toys (e.g., blocks, farm animals) and how to participate in play routines. You'll find more about the FITT project at <http://fitt.fpg.unc.edu/family-implemented-teacch-toddlers-study-fitt> You can access the early learning activities and visual materials at <http://fitt.fpg.unc.edu/early-learning-activities-visual-supports>

## Make the Most of Playtime

This colorful article highlights the importance of play as a vehicle for supporting learning and development across developmental domains. It summarizes the development of play from birth through 36 months and offers useful insights for making play enjoyable for both large and small participants.

[http://csefel.vanderbilt.edu/documents/make\\_the\\_most\\_of\\_playtime2.pdf](http://csefel.vanderbilt.edu/documents/make_the_most_of_playtime2.pdf)

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)

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<sup>1</sup> The TEACCH approach is a family-centered, evidence-based practice for autism, based on a theoretical conceptualization of autism, supported by empirical research, enriched by extensive clinical expertise, and notable for its flexible and person-centered support of individuals of all ages and skill levels.