



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

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Free Videos on Resilience

Supportive relationships, adaptive skill-building, and positive experiences constitute the foundation of what is commonly called resilience. A new **InBrief Video Series on Resilience** from the Center for the Developing Child at Harvard University provides an overview of why resilience matters, how it develops, and how to strengthen it in children. There are three videos in the series (*What is Resilience*, *The Science of Resilience*, and *How Is Resilience Built*) and each is just over 2 minutes long.

http://developingchild.harvard.edu/index.php/resources/multimedia/videos/inbrief_series/resilience/

Toys as Tools: Everyday Science Experiences

Young children don't need highly specialized or expensive equipment to learn how to explore the natural world scientifically. Simple toys and tools can engage children as they explore natural phenomena in ways that will support their later science learning. Adults who allow children to play and work through small difficulties by themselves support children as they build an understanding of how the world works. Resist the temptation to "fix it" or "make it go faster" or "use it the right way," and you will build your child's self-confidence and problem-solving ability, as described in this article.

<http://families.naeyc.org/learning-and-development/music-math-more/toys-tools-everyday-science-experiences>

Discovering Feelings

The "Discovering Feelings" booklet is designed to assist caregivers in helping young children (birth to age three) to learn the labels for their feelings. It is available in English and Spanish. A companion set of Consultant's Notes offers ideas for how to assist others in using these resources.

- Discovering Feelings <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/docs/discovering-feelings-eng.pdf>
- Comenzar a descubrir los sentimientos <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/docs/discovering-feelings-esp.pdf>
- Consultant's Notes <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/docs/discovering-feelings-notes.pdf>

New Magic of Everyday Moments Videos

Four new titles have been added to ZERO TO THREE's series of free videos, The Magic of Everyday Moments, which explores key aspects of early childhood development and can be used for working with parents and trainees. The videos show how adult interactions shape the growth and learning of infants and toddlers through everyday interactions and routines. They include:

- Development from Birth to 12 Months Old: Forming a Trusting Bond to Nurture Learning
- Development from 12 to 24 Months Old: Strong, Positive Connections and Interactions Fuel Learning
- Development from Birth to 24 to 36 Months Old: New Skills Develop Through Play, Routines, and Relationships
- School Readiness: Foundations in Language, Literacy, Thinking and Social-Emotional Skills

<http://www.zerotothree.org/parenting-resources/MOEM/>

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 To suggest resources, please contact

Camille Catlett at camille.catlett@unc.edu or (919) 966-6635.