

## Child and Brain Development

This issue features library resources on child and brain development resources. Abstracts of journal articles on this ECI topic are also included. For a complete listing of library titles, visit the library catalog at [www.texashealthlibrary.com](http://www.texashealthlibrary.com).

Library materials may be borrowed upon request. Electronic library materials may be accessed on any device with internet access. Please email ECI library requests or questions to [avlibrary@dshs.texas.gov](mailto:avlibrary@dshs.texas.gov).

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## Selected Journal Abstracts

Table of contents from current ECI journals are listed below. To receive articles listed in the table of contents, email [avlibrary@dshs.texas.gov](mailto:avlibrary@dshs.texas.gov). Please include article title, journal title, volume, issue, and date listed in the table of contents. A full-text copy of the article will be emailed to you.

**Patterns of play in young children developing with delays.** Lifter, K., Mason, E.J., Medeiros, H.V. & Krebs G. (2026). *Infants & Young Children*, 39(3), 145-160. <https://doi.org/10.1097/IYC.0000000000000312>

This paper examined object play in a new cross-sectional sample of 203 children developing with delays using a highly differentiated set of play categories to provide more detailed descriptions of these developments. Thirty-minute videotaped observations of children playing with a caregiver in their homes were taken at 8, 12, 18, 24, 30, 36, 42, 48, 54, and 60 months of age. Participants included children with autism (n = 38); Down syndrome (n = 27); language delays (n = 55); delays in one or more other domains (n = 76); and children born prematurely (n = 7). Play activities were coded into 21 qualitatively different categories and analyzed in terms of frequency of activities and variety of examples expressed within categories. These children's play activities were compared to a sample of 289 typically developing (TD) children, observed contemporaneously at the same age points. The groups were comparable in frequency. The children with delays expressed the same play categories as the TD children but expressed more complex categories at later age points with less variety. Particular difficulties were identified for children with autism and children with Down syndrome. Implications for assessment and intervention center on evaluation using differentiated play categories, determining variety within them, and setting goals based on a developmental model.

**Sleep and infant development in the first year.** O'Connor, C., Ventura, S., Proietti, J., O'Sullivan, M.P. & Boylan, G.B. (2026). *Pediatric Research*, 1-11. <https://doi.org/10.1038/s41390-026-04780-4>

The trajectory of sleep in the first year of age is highly dynamic and correlates with developmental progress from the neonatal to the infantile period. During this critical period of brain growth, sleep facilitates neural maturation and memory consolidation. This review article examines the current evidence regarding the relationship between sleep and neurodevelopment in the first year of age. Over the first year, total sleep time decreases, nocturnal sleep consolidates with less nocturnal awakenings, and daytime sleep decreases. The dominant sleep state shifts from active sleep-in neonates to non-rapid eye movement sleep at 12 months. Specific electroencephalogram (EEG) features include tracé alternant in neonates and sleep spindles and K complexes in infants. Characteristics of sleep

spindles serve as biomarkers for neurodevelopmental outcomes. Adequate sleep duration is associated with enhanced white matter development. Healthy sleep parameters are linked to improved memory, language, executive function, sensorimotor skills, and overall cognitive development, whereas abnormal sleep during infancy is associated with cognitive, behavioral, and emotional disturbances. Developmental brain disorders and certain medical conditions are also associated with sleep disruption, indicating a bidirectional relationship. Sleep evolves rapidly in the first year of age, and adequate quantity and quality of sleep are critical for neurodevelopment.

### [Selected Journal Table of Contents](#)

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Supporting parents with intellectual disabilities or mental health conditions:  
A cross-disciplinary scoping review to inform Part C practices. p. 161-173.  
Lieberman-Betz, R.G., Edwards, N.M. & Wiegand, S.D.

Examining sensory processing in preschool-aged children prenatally exposed  
to opioids. p. 174-182. Bush, E., Williams-Arya, P., Disbrow, B., Kline, J.,  
Livecchi, A., Materan, M., Mohan, P., Esbensen, A. & Weber, S.

Supporting multisector infant-early childhood mental health professional  
development: Evaluation of the core curriculum. p. 183-196. Shea, S.E.  
& Davis, M.

Content validity of the **A**ssessment, **E**valuation, and **P**rogramming System  
(AEPS) for infants and children, 3rd edition, in Spain. p. 197-203. Cañadas,  
M., Grisham, J., González-García, R.J., Martínez-Rico, G. & Simón, C.

## Continuing Professional Education Resources (CPEs)

### **The characteristics of effective learning: An overview.**

[Streaming](#) or DVD. 11 min. 2021. CPE=0.25 (DD0856)

This video provides an overview of the characteristics of effective learning. Infants are natural learners that develop and learn using all five of their senses.

### **Don't let common pediatric symptoms fool you.** DVD. 394 min. 2019.

CPE=6.5 (DD0853)

Children are not small adults, and infants are not small children. Each are unique and require different interventions and treatment for symptoms. This video shows practical strategies to intervene quickly and appropriately for young patients.

### **Enhancing brain development in infants and young children:**

**Strategies for caregivers and educators.** Doris Bergen, 2020. CPE=3.25

This book explains brain development from prenatal to age 8 with suggestions for activities educators and caregivers can use to foster children's cognitive growth.

### **Life with baby: Parenting from birth to 12 months.** DVD. 24 min. 2019.

CPE=0.5 (DD0824)

This program demonstrates the ways babies are born ready to think, feel, and learn. Right from the start, a baby's brain is growing and developing. They communicate their needs to their caregivers. They learn through experience and by processing information through their five senses.

### **The moving child film III: Developmental movement in the first years.** DVD. 60 min. 2019. CPE=1.0 (DD0838)

Occupational Therapist Bonnie Bainbridge-Cohen, along with other leading movement development experts, discusses and demonstrates the physical, emotional and cognitive importance of the developmental movement babies engage in their first year.

### **My first five years: Baby: Everyday activities to support your baby's development.** eBook. Alistair Bryce-Clegg, 2023. CPE=2.0

This book breaks down the science of early childhood development into concise summaries, and includes easy, realistic ideas for play that make the most of development opportunities.

**Nurturing personal, social, and emotional development in early childhood: A practical guide to understanding brain development and young children's behaviour.** Debbie Garvery, 2018. CPE=7.0

Condensing a wealth of recent research and theory around PSED into practical guidance, it gives professionals the knowledge and understanding they need to critically evaluate their own practice and find the best course of action to support PSED in young children. Professionals are urged to consider their own practice by reading reflective practice case studies.

**Planning in the moment with young children: A practical guide for early years practitioners and parents.** Anna Ephgrave, 2018. CPE=4.0

Young children live in the here and now. If adults are to make a real difference to their learning, they need to seize the moments when children first show curiosity and support their next steps immediately.

**The toddler brain: Nurture the skills today that will shape your child's tomorrow: The surprising science behind your child's development from birth to age 5.** Laura A. Jana, 2017. CPE=7.0

This book draws on studies and stories from pediatrics, neuroscience, social science, and childcare, as well as the world of business and innovation to show parents how to equip their children with seven key skills.

**Watch us grow! Scenes from Highscope infant-toddler programs.**

DVD. 171 min. 2017. CPE=2.75 (DD0842)

This two-disc set illustrates the Highscope approach in action through 90 short video clips. These clips show learning experiences, developmental indicators, and teaching practices with young children. It is an engaging learning tool for caregivers of infants and toddlers.

**Working well with babies: Comprehensive competencies for educators of infants and toddlers.** Clare D. Vallotton, 2021. CPE=5.75

This book describes the comprehensive competencies (including the knowledge, dispositions, and skills) that educators of infants and toddlers must have to provide optimal support for infants and toddlers.

**New Audiovisual**

**Active learning.** [Streaming](#). 23 min. 2020.

This program consists of five short videos that look at active learning in children and how it is all about motivation and the will to learn from experiences. It considers how active learning links with children's self-regulation; looks at

children's desire to be in control and how being deeply involved is one of the key features of learning to learn in an active way; and examines why the joy experienced when you achieve a goal you have set for yourself is so important for children's development of effective learning.

## New Books

### **Fine motor foundations: Tools and techniques for tiny hands.**

Keriann Wilmot, 2024. CPE=3.25

This guide equips you with the tools to empower children's fine motor development. Age-specific milestones: Gain insight into typical fine motor skill progression for children from toddlers to preschoolers to early elementary students. Ready-to-use activities: Integrate engaging, developmentally appropriate exercises into your lessons to address key skills such as grasping, writing, and visual perception. Differentiation strategies: Tailor activities to meet individual needs. Classroom adaptations: Learn how to modify seating, tools, and tasks to create an inclusive learning environment that supports all abilities. Collaboration tips: Partner with families and therapists to provide seamless support for children's development. This title is also available in eBook format.

### **Understanding your child's brain.** Álvaro Bilbao, 2023. CPE=3.5

This book simplifies the neuroscience behind what is going on in a child's brain during the first six years of life to help parents develop the full intellectual and emotional potential of their children. It provides tools to help parents communicate more effectively with, nurture empathy in, and enforce rules and positive behaviors for their children. Examining how to develop the emotional intelligence of children as well as their intellect, the chapters examine how to raise children based on trust, assertiveness, and fearlessness, while also providing support and exercises in improving language, memory, creativity, and self-control. This title is also available in eBook format.

## New eBook

### **My first five years: Toddler: Everyday activities to support your baby's development.** Alistair Bryce-Clegg, 2024. CPE=2.0

This book defines toddlerhood as beginning the moment that your child pulls themselves to standing and takes their first steps. It covers six streams of development: social and emotional, gross motor, fine motor, sensory, language and cognitive. Each chapter includes a summary of the underlying science followed by simple, fun and low-cost play ideas you can do at home with your child.

## Selected Audiovisuals

### **Infant-toddler learning environment.**

[Streaming](#) or DVD. 43 min. 2017. (DD0825)

### **Parenting BASICS: Emotional health & positive discipline: Birth-6 months.**

[Streaming](#) or DVD. 9 min. 2016. (DD0736)

### **Parenting BASICS: Emotional health & positive discipline: Birth-6 months.**

DVD. 9 min. 2016 (DD0766) (Spanish)

### **Parenting BASICS: Emotional health & positive discipline: 7-12 months.**

[Streaming](#) or DVD. 10 min. 2016. (DD0737)

### **Parenting BASICS: Emotional health & positive discipline: 7-12 months.**

DVD. 9 min. 2016. (DD0767) (Spanish)

### **Parenting BASICS: Emotional health & positive discipline: 1-year-olds.**

DVD. 10 min. 2016. (DD0864)

### **Parenting BASICS: Emotional health & positive discipline: 1-year-olds.**

DVD. 10 min. 2016. (DD0865) (Spanish)

### **Parenting BASICS: Emotional health & positive discipline: 2-year-olds.**

[Streaming](#) or DVD. 11 min. 2016. (DD0844)

### **Parenting BASICS: Emotional health & positive discipline: 2-year-olds.**

DVD. 10 min. 2016. (DD0866) (Spanish)

### **Parenting BASICS: Play & milestones: Birth-6 months.**

DVD. 10 min. 2016. (DD0740)

### **Parenting BASICS: play & milestones: 7-12 months.**

DVD. 10 min. 2016. (DD0741)

### **Parenting BASICS: Play & milestones: 1-year-olds.**

DVD. 12 min. 2016. (DD0869)

### **Parenting BASICS: Play & milestones: 1-year-olds.**

DVD. 12 min. 2016. (DD0870) (Spanish)

**Parenting BASICS: Play & milestones: 2-year-olds.**

[Streaming](#) or DVD. 12 min. 2016. (DD0848)

**Parenting BASICS: Play & milestones: 2-year-olds.**

DVD. 11 min. 2016. (DD0871) (Spanish)

**Resilience: The biology of stress and the science of hope.**

DVD. 60 min. 2016. (DV1395) (English/Spanish)

[Selected eBooks](#)

**Baby and toddler basics: Expert answers to parents' top 150 questions.**

Tanya Remer Altmann, 2023.

This easy-to-use guide offers parents the advice they need for pressing baby and toddler health and development concerns - fast! Topics covered include breastfeeding, baby care, developmental stages, first aid and injuries, sleep, vaccines, and more. This new edition is fully revised and updated and includes COVID-19 information, new fever guidelines, and reflects all current American Academy of Pediatrics policy.

**Caring for our children: National health and safety performance standards guidelines for early care and education programs**, 4th ed. 2019.

The fourth edition contains guidelines on the development and evaluation of the health and safety of children in early care and education settings. This guide features 10 chapters of more than 650 standards and dozens of appendixes with valuable supplemental information, forms, and tools. This title is also available in print format.

**Guidance for every child: Teaching young children to manage conflict.** Daniel Gartrell, 2017.

Using contemporary brain research, vignettes, and discussion questions, this book provides readers with tools and strategies to reduce the increasing expulsion rates in early childhood, understand how stress effects children's self-regulation, and help even the most at-risk children thrive.

**Quirky kids: Understanding and supporting your child with developmental differences**, 2nd ed. Perri Klass, 2021.

This book includes information about therapeutic interventions, managing co-morbidities, and getting support for children with developmental differences at school. Additional information covers community resources,

initiatives at hospitals, clinics, and even theme parks, that make life easier for children with developmental differences and their families. It also provides a strong focus on self-care for parents, with the pediatrician's perspective of supporting families as they go through the diagnostic process over time.

**Retro baby: Timeless activities to boost development - without all the gear!** 2nd ed. Anne H. Zachry, 2022.

This book shows how bouncers, swings, and other baby holders, as well as electronic toys and screen time, can hinder a baby's development and delay milestones. It cultivates a back-to-basics parenting approach, featuring ideas for hands-on activities, instructions for homemade toys, and plenty of encouragement for one-on-one playtime with baby. It promotes ways to save money, reduce household clutter, and boost development and bonding.

**Retro toddler: More than 100 old-school activities to boost development.**

Anne H. Zachry, 2018.

Research shows that the best way for toddlers to learn is through daily, active play and this book offers more than 100 fun, age-appropriate, "old-school" toddler activities that promote the development of language, motor and social skills. It includes detailed instructions for developmentally stimulating, screen-free toys that parents and toddlers can make together out of everyday household items. This title is also available in print format.

**Your baby's first year.** Tanya Almann, 2020.

This book offers guidance on all aspects of newborn and infant care. Including guidelines for prenatal and newborn care, encompassing screening tests during pregnancy, it outlines milestones for physical, emotional, social, and cognitive growth, alongside visual, hearing, language, and movement milestones. It presents research on early brain development and insights into how babies and young children think. Additionally, it serves as a complete health encyclopedia addressing injuries, illnesses, and congenital diseases, and features an in-depth discussion on breastfeeding, including its benefits, techniques, and challenges.

### Selected Websites

[The American Academy of Pediatrics \(AAP\)](#) has created an [AAP Parenting Website](#) for parents with trusted advice on how to care for infants and children. Also available in [Spanish](#).

**NEW!** [The American Academy of Pediatrics \(AAP\)](#) has created an [Early Brain](#)

[Development website](#) for public health and medical professionals with trusted advice on preventive care for infants and toddlers.

**New!** [Supporting Early Brain Development: Building the Brain](#) is a brief provided by the [Office of Head Start](#) offering tips to families to support healthy brain development.

[The National Center on Birth Defects and Developmental Disabilities “Learn the Signs. Act Early.” program](#) encourages parents and providers to learn the signs of healthy development, monitor every child’s early development, and act when there is a concern. It provides free checklists and other tools to make developmental monitoring practical and easy. Also available in [Spanish](#).

[Supporting Child’s Development](#) is a guide offered by [ChildCare.gov](#) that provides information for parents with links to resources for the care of the whole child.

[The Federal Interagency Forum on Child and Family Statistics](#) is a collection of 23 federal government agencies involved in research and activities related to children and families. Its goal is to enhance and improve consistency in the collection and reporting of federal data on children and families.

[Infant and Newborn Development: MedlinePlus](#) and [Toddler Development: MedlinePlus](#), provided by the [National Library of Medicine](#) offer information on young children and their development.

[MedlinePlus Child Development](#), also provided by the [National Library of Medicine](#), lists links to extensive full-text information from the [National Institutes of Health](#) and other trusted sources.

[Texas Health and Human Services Early Childhood Intervention](#) is a statewide program for families with children birth to age 3 with developmental delays, disabilities, or medical diagnoses that may affect development.

## Useful Library Information

[Library Website](#)  
[ECI Library Matters](#)

[HHSC ECI Website](#)  
[Library Catalog](#)

Texas Department of State Health Services ECI Library Services

Email: [avlibrary@dshs.texas.gov](mailto:avlibrary@dshs.texas.gov)

Phone: 512-776-7260 | Toll-free: 1-888-963-7111 ext. 7260

Hours: Monday-Friday, 7:30 a.m.-5 p.m.

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