

babies

2020 | Docu-series | Netflix | TV-PG

The docu-series follows 15 international and diverse families and 36 world renowned scientists (mostly from Europe, the U.S. and Israel) that research everything related to babies - from newborn to toddler, and showcases groundbreaking science revealing the developmental leaps that babies go through in the first year of life.



START THE CONVERSATION

Each episode of *Babies* explores different developmental and emotional stages of babies and their families. As you watch one or all of the episodes, keep track of the questions and topics that arise to explore in class, with friends, and your family.

Here are several questions to get your started:

- What can babies teach us about ourselves, love, relationships and what it means to be human?
- How has science and research contributed to and influenced our understanding of infant development and family relationships?
- What research question would you want to investigate about babies?

Revisit some of the central questions from each episode as another option:

- What's it like to be a baby?
- What does crawling teach us about the way all of us move?
- Why do human babies learn to speak much later than they learn language?
- Why is it challenging for babies to sleep according to a pattern?
- Why does sleep help us feel and think better?
- Why is learning to walk such a game changer in a baby's life?

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DISCUSS & ENGAGE: FOR SCHOOLS AND IN THE HOME

The discussion and engagement questions are organized by each episode. Some of the questions lean towards open discussion, while others may be discussed after learning more information shared in the series.

If you are watching *Babies* as part of a virtual class experience, we invite you to research these questions in more depth beyond the episode. If the episodes are being watched more informally with your family and friends, the questions can be helpful in guiding your general discussions.

LOVE: *The biology of bonding unravels to reveal how caregiving, social interaction, and stress can physically change both parent and newborn.*

- What do we learn about the biology of bonding from the “Love” episode?
- How do the parenting styles effect the development of an infant’s brain?
- Where does it’s personality come from? How do they become who they are?

CRAWLING: *From how they grow to how they go, three scientists find out that crawling is much more than a transitional phase.*

- Is early movement a reflex, or is it something that even newborn babies can control?
- What does crawling teach us about the way we all move?
- How does our new understanding of babies’ growth patterns change the way we think about crawling and other developmental stages?
- Is there such a thing as “normal” with regard to how babies acquire movement?

FIRST WORDS: *Experts examine the rhythm and flow of language and explore how babies break down linguistic beats before they know how to speak.*

- How do babies learn language?
- What role do rhythms, such as pitch patterns or natural and unnatural pauses, play in learning language? How do babies figure out where words begin and end?
- Professor Erich Jarvis asks, “We humans are along a spectrum with other animals when it comes to spoken language abilities. But we are at the far end of

the spectrum allowing us to have more complex language. I have asked the question, ‘what makes us so much further on the spectrum? What is different with our brains or genes?’”

SLEEP: *Researchers delve into sleep, a dynamic time for babies, with studies on twitching, apps, and naps.*

- According to Dr. Andre Fenton, “Getting babies to sleep through the night is a universal human problem.” Why is it difficult for babies to develop a normal sleep pattern?
- What is happening in babies’ bodies and brains when they sleep?
- How is sleep related to memory and learning?

FIRST STEPS: *Scientists venture into the ways that walking changes a baby’s world and unveil findings on neonatal reflexes, skeletal development and talking.*

- Walking is a gamechanger for babies - it affects the baby’s life, the parents’ life and how they will forever interact. Why do you think walking is so transformational?
- Professor Eric Walle at the University of California, Merced shares how important it is to see that development in babies is interconnected. Language, motor development, social interaction are all working together to create a person unlike anything else in our world. When you reflect on what you have learned about babies from these episodes, does one developmental milestone stand out more than another in regards to effecting a baby’s development?