



FOR IMMEDIATE RELEASE

Contact: Lynette Ciervo

October 13, 2011

202/638-1144 ext. 2065



Little Kids, Big Questions: ZERO TO THREE Launches a New Series of Podcasts for Parents

Washington, D.C. – As more and more parents “plug in” for information on how to raise their children, ZERO TO THREE is meeting the need with its new parenting podcast series, *Little Kids, Big Questions*, generously funded by MetLife Foundation. Each podcast features top child development experts and researchers addressing the most common and challenging issues facing families with babies and toddlers.

While everyone seems to have an opinion about raising children, this podcast series empowers parents to find their *own* way through parenting challenges using research as their guide. *Little Kids, Big Questions* is a series of 12 podcasts that translates the research of early childhood development into parenting practices that mothers, fathers and other caregivers can tailor to the needs of their own child and family.

The podcasts are hosted by Ann Pleshette Murphy, a past contributor to ABC’s Good Morning America parenting segment and author of several parenting books.

Each podcast features an interview with an expert that focuses on how to apply the research of early childhood development to parents’ everyday interactions with their young children. Among the topics covered are:

- Nurturing brain development in young children
- How to respond to picky eating
- Choosing quality child care
- The development of self-esteem and self-control in young children
- Coping with crying in babies and toddlers
- Encouraging good sleep habits for babies
- How fathers influence the development of children

To listen to or download a podcast, go to www.zerotothree.org/parentingpodcasts.

ZERO TO THREE is a national nonprofit whose mission is to promote the health and development of infants and toddlers.

MetLife Foundation was established in 1976 to carry on MetLife's longstanding tradition of corporate contributions and community involvement. The Foundation is committed to building a secure future for individuals and communities worldwide. Through programs focusing on empowering older adults, preparing young people and building livable communities, MetLife Foundation increases access and opportunities for people of all ages. Since it was established, MetLife Foundation has made more than \$500 million in grants and \$75 million in program related investments. For more information visit www.metlife.org

#####