

Emily E. Little, Ph.D.

emilyelysialittle.com | 707-391-7477 | emily@nurturely.org

EDUCATION

Ph.D. University of California, San Diego Developmental Psychology, Specialization in Anthropogeny Dissertation: "The role of mother-infant physical contact in maternal responsiveness"	May 2017
M.A. University of California, San Diego Developmental Psychology Thesis: "The effect of early experiences on deferred imitation in infancy"	June 2013
B.A. University of Colorado at Boulder Psychology, <i>summa cum laude</i>	May 2011

PROFESSIONAL POSITIONS

Founder & Director Nurturely	Jan 2017- present
Executive Director WellMama	Jan 2019 - Dec 2020
Project Manager, Project RISE University of Texas at Austin	Dec 2017- Mar 2019

COMMUNITY LEADERSHIP

NAACP Health Committee Eugene, Oregon	Sept 2020 - present Committee Member
Perinatal Wellness Professionals of the Pacific Northwest Eugene, Oregon	June 2020 - present Founder & Leader
Early Childhood Mental Health Eugene, Oregon	June 2020 - present Committee Member
Rural Organizing Project Community Closet Eugene, Oregon	Dec 2020 - present Spanish Volunteer
Babywearing International San Diego, California	Jan 2016- March 2018 Volunteer Educator
Surfrider Foundation San Diego, California	Aug 2015- Mar 2018 Board Secretary
UCSD International Center San Diego, California	Jan 2015 - June 2015 Class Coordinator

Emily E. Little, Ph.D.

emilyelysialittle.com | 707-391-7477 | emily@nurturely.org

PUBLISHED MANUSCRIPTS (N = 6)

Hahn-Holbrook, J. **Little, E.E.** (in press). Breastfeeding-induced prolactin predicts maternal behavior. *Hormones & Behavior*.

Little, E. E., Cioffi, C. C., Bain, L., Legare, C. H., & Hahn-Holbrook, J. (2021). An Infant Carrier Intervention and Breastfeeding Duration: A Randomized Controlled Trial. *Pediatrics*, 148(1). ([link](#))

Legare, C.H., Akhauri, S., Chaudhuri, I., Hashmi, F., Johnson, T., **Little, E.E.**, Lunkenheimer, H.G., Mandelbaum, A., Mandlik, H., Mondal, S., Mor, N., Saldanha, N., Schooley, J., Sharda, P., Subbiah, S., Swarup, S., Tikkanen, M., & Burger, O. (in press). Perinatal risk and the cultural ecology of health in Bihar, India. *Philosophical Transactions of the Royal Society B: Biological Sciences*. DOI: 10.1098/rstb.2019.0433

Little, E.E., Polanco, M.A., Baldizon, S.R., Wagner, P., & Shakya, H. (2019). Breastfeeding knowledge and health behavior among Mayan women in rural Guatemala. *Social Science & Medicine*. ([link](#))

Little, E. E., Legare, C. H., & Carver, L. J. (2019). Culture, carrying, and communication: Beliefs and behavior associated with babywearing. *Infant Behavior and Development*, 57, 101320. <https://doi.org/10.1016/j.infbeh.2019.04.002> ([link](#))

Little, E.E., Legare, C.H., & Carver, L.J. (2018). Mother-infant physical contact predicts responsiveness to hunger cues among U.S. breastfeeding mothers *Nutrients*, 10, 1251. doi:10.3390/nu10091251 ([link](#))

Little, E.E., Carver, L.J. & Legare, C. H. (2016). Cultural variation in triadic infant-caregiver object exploration. *Child Development*, 87(4) 1130–1145. doi:10.1111/cdev.12513 ([link](#))

SUBMITTED MANUSCRIPTS (N = 2)

Little, E.E., Broesch, T., Carver, L.J. & Legare, C. H. (under review). Cultural variation in infant emotion expression during dyadic interaction. *Journal of Experimental Child Psychology*.

IN-PREP MANUSCRIPTS (N = 3)

Little, E.E., Legare, C. H., & Carver, L.J. (in prep). Culturally-mediated parenting beliefs predict responsiveness to infant satiation cues during feeding. *Childhood Obesity*.

Little, E.E. & Legare, C. H. (in prep). Global perinatal rituals and their association with infant and maternal risk: A review.

Little, E.E., Kim, J., & Hahn-Holbrook, J. (in prep) The effect of skin-to-skin wraps on breastfeeding outcomes, infant physiology, and maternal confidence: A randomized controlled trial in the neonatal intensive care unit.

REFEREED CONFERENCE SYMPOSIA (N = 3)

Little, E.E. (Chair), Mannen, E., & Williams, L.R., (2019). Keep on carrying on: Infant carrying effects on early nutrition, motor development, and social interaction. Oral symposium to be presented at the Society for Research in Child Development, Baltimore, MD.

Emily E. Little, Ph.D.

emilyelysialittle.com | 707-391-7477 | emily@nurturely.org

Bigelow, A. (Chair), **Little, E.E.**, Williams, L.R., (2018). To have and to hold: The impact of mother-infant physical contact on infants, mothers, and their relationship. Oral symposium presented at the World Association for Infant Mental Health, Rome, Italy.

Little, E.E. (Chair), Karasik, L., & Bigelow, A. (2017). Culture, carrying, and contact: Developmental implications of culturally-mediated mother-infant physical contact. Oral symposium presented at the Society for Research in Child Development, Austin, TX.

REFEREED CONFERENCE PAPERS ($N = 4$)

Little, E.E., Broesch, T., Carver, L.J. & Legare, C. H. (2018) Cultural variation in infant emotion expression during dyadic interaction. Paper presented at the Cultural Evolution Society, Tempe, AZ.

Little, E.E., Carver, L.J. & Legare, C. H. (2017). The effect of culturally-mediated mother-infant physical contact on breastfeeding responsiveness. Paper presented at the Society for Research in Child Development, Austin, TX.

Little, E.E., Carver, L.J. & Legare, C. H. (2015). “WEIRD” parenting: Cultural variation in triadic infant-caregiver object exploration. Paper presented at the Society for Research in Child Development, Philadelphia, PA.

Little, E.E., Carver, L.J. & Legare, C. H. (2014). Infant-caregiver communication and object exploration in two cultures. Paper presented at the Jean Piaget Society, San Francisco, CA.

REFEREED CONFERENCE POSTERS ($N = 7$) *denotes undergraduate student

Little, E.E., Bain, L., Leon, A., Selchau, K., Chousa, L., Svistoonoff, N., Reyes, M.L., Legare, C.H., Hahn-Holbrook, J. (2018) Effect of mother-infant physical contact on breastfeeding exclusivity and duration among low-income Latina mothers. Poster presented at the American Public Health Association, San Diego, CA.

*Ward, A., **Little, E.E.**, & Carver, L.J. (2017). An exploration of parenting beliefs and infant feeding practices in the U.S. Poster presented at the Conference for Research in the Arts, Social Sciences, and Humanities, San Diego, CA.

Little, E.E., Legare, C. H., & Carver, L.J. (2016). The effect of babywearing on maternal responsiveness and infant social expectations. Poster presented at the International Congress of Infant Studies, New Orleans, LA.

Little, E.E. (2016). An examination of breastfeeding-related infant-caregiver communication in rural Guatemala. Poster presented at the International Summit on Social and Behavior Change Communication, Addis Ababa, Ethiopia.

Little, E.E., Carver, L.J. & Legare, C. H. (2015). Culturally-mediated contingent responsiveness during breastfeeding interactions. Poster presented at the Cognitive Development Society, Columbus, OH.

Little, E.E. & Carver, L.J. (2015). Multi-modal variation of the still-face paradigm shows cultural differences in expectations for social interaction. Poster presented at the Society for Research in Child Development, Philadelphia, PA.

Little, E.E., & Carver, L.J. (2013). Books and Baby Time: The effect of early experiences on deferred imitation in infancy. Poster presented at the Cognitive Development Society, Memphis, TN.

Emily E. Little, Ph.D.

emilyelysialittle.com | 707-391-7477 | emily@nurturely.org

INVITED TALKS (N = 4)

Little, E.E. (2018). The science & nature of breastfeeding: How to support breastfeeding from a cultural, biological, and psychological perspective. Paper presented at Healthy Start's Educational Quality Circle.

Little, E.E. (2017). The changing culture of infancy: Revisiting the importance of mother-infant physical contact for early social, emotional, and cognitive development. Paper presented at the New York Young Child Expo, New York, NY.

Little, E.E. (2016). The culture and science of babywearing. Paper presented at the Babywearing International SoCal Summit, San Diego, CA.

Little, E.E. (2016). The culture and science of babywearing. Paper presented at the BOND Conference, New York, NY.

SCIENCE WRITING (N = 3)

Little, E.E. (2016). Kangaroo care: The research behind the benefits of babywearing. Tula Baby Blog, San Diego, CA. ([link](#))

Little, E.E. (2016). Incorporating skin-to-skin contact into your babywearing routine. Tula Baby Blog, San Diego, CA. ([link](#))

Little, E.E. (2016). Hush little baby: What science says about babywearing and reduced crying. Tula Baby Blog, San Diego, CA. ([link](#))

TEACHING POSITIONS

Lecturer, University of California, San Diego

June 2017 - Dec 2017

- Social Psychology- Recommended by 98% of students
- Cognitive Development in Infancy- Recommended by 100% of students
- Psychology- Recommended by 98% of students

MANUSCRIPT REVIEWING

Developmental Psychology

Infant Behavior and Development

Emotion

Journal of Experimental Child Psychology

OTHER MENTORSHIP/TEACHING EXPERIENCE

University of Texas at Austin
Texas

Dec 2017- Dec 2018
Postdoctoral mentor

Emily E. Little, Ph.D.

emilyelysialittle.com | 707-391-7477 | emily@nurturely.org

UCSD Developmental Neuroscience Lab California	Aug 2012-June 2017 Graduate mentor
Adventures Cross-Country Costa Rica, Dominican Republic	June 2011- Aug 2012 Youth immersion leader
Ukiah Unified School District Ukiah, California	Sept 2011-Dec 2011 Substitute teacher
Phoenix Wittaya School Thailand	May 2010- Mar 2011 English teacher

INTERNATIONAL VOLUNTEERING

Breastfeeding practices in rural Guatemala Huehuetenango, Guatemala	July 2015-Sept 2016
Emotional displays and expectations for contingency Cochabamba, Bolivia	June 2014-Aug 2014
Exploring different modalities of play and pedagogy Tanna, Vanuatu	June 2013-Aug 2013
Sustainable Bolivia Cochabamba, Bolivia	July 2014- Sept 2014 Health volunteer
Christel House Academy Cape Town, South Africa	Feb 2007- Mar 2007 Classroom volunteer

CERTIFICATIONS

Certified Lactation Educator Counselor (June 2015) University of California, San Diego
Certified Teaching English as a Foreign Language Instructor (November 2006) TEFL Buenos Aires, Argentina

LANGUAGES

Fluent in Spanish

PROFESSIONAL AFFILIATIONS

World Association for Infant Mental Health
Society for Research in Child Development
Cultural Evolution Society