

PUBLIC VIEW

Episode 31

Title: And Just Like That, You Have Nostalgia

Description:

Every parent has wondered if their baby's crying is normal at some point or another. While there is no "normal," evidence shows that genetics might actually have a part to play in how long babies cry for. And another universal experience, harking back to "the good old days" in pop culture and our personal lives. Senior Producer, Teresa Carey, speaks with Dr. Clay Routledge about the good feelings - and sometimes sad memories - that come with nostalgia. And finally, host Samantha Yammine explains neuroplasticity and what physically changes in your brain when you practice something. Even juggling.

Babies Crying

- "Genetic and environmental influences on sleep quality, ability to settle, and crying duration in 2- and 5-month-old infants: A longitudinal twin study." [by Charlotte Viktorsson, Mark Ashraf Yahia, et. al. 2025.](#)
- [Source 2](#)

Dr. Clay Routledge Interview

- [Dr. Clay Routledge](#)
- [Source 2](#)

Juggling

- "Training-Induced Brain Structure Changes in the Elderly." [by Janina Boyke, Joenna Driemeyer, et. al. 2008.](#)
- [Source 2](#)
- [Source 3](#)
- [Source 4](#)
- [Source 5](#)
- [Source 6](#)

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