



Thank You, From All of Us!



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HAPPY BIRTHDAY!



**We Can't Believe You
Are Two!**



Letter from The Principal Investigator

Table of Contents

- Letter from our principal investigator 1
- Sharing our findings2
- BABY Study preliminary results.....3
- Coming soon: 3-year questionnaires 4
- Your child’s development: 24-30 months..... 5
- Your child’s development: 30-36 months..... 6
- Helpful tips for you and your baby7



Dear participant,

We have great news! We have finished the prenatal portion of the BABY study! We had the sincere pleasure of meeting 162 of you and learning more about your thoughts and feelings during this time. We are eager, as we know you are too, to learn more about our findings. This accomplishment would not have been possible without your participation and we are very grateful. We appreciate your time and continued participation. You have greatly contributed not only to our study, but to help advance the science of child development.

Now that we have wrapped up recruitment, we are a step closer to learning more about how the prenatal environment can influence child emotional, social, and cognitive development. Similar to our last issue, we just wanted to update you on our progress and share some information about your child's development.

We have enjoyed watching your little one grow and would like to send you some questionnaires to fill out when your child is 3 years old. We will, of course, compensate you for your time. As always, your participation is completely voluntary. We will reach out to you soon to give you more information, but please feel free to contact us if you would like to learn more.

As we continue our analyses, we will update you on any findings that emerge. For now, we hope you enjoy this newsletter! We are here as your resource, so don't hesitate to get in contact with any questions you may have!

Enjoy!

Dr. Elisabeth Conradt

Principal Investigator

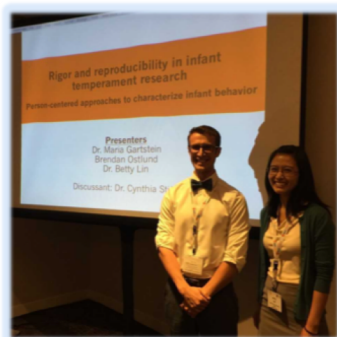


Sharing Our Findings with the Scientific Community

2018 International Congress of Infant Studies



A group of graduate students and our lead principal investigators shared findings in Philadelphia.

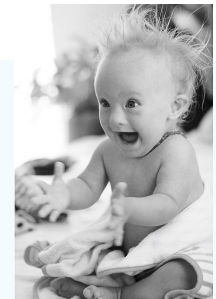


What We're Learning:

The goal of the BABY study is to identify how experiences during the prenatal period influence infants' behaviors soon after birth. In order to study this, it was necessary to first describe the key ways the behaviors of newborns differ from one another.

After observing your child's behavior within a few days of birth, we learned that newborns' behaviors soon can be captured by two broad dimensions.

The first dimension reflects newborns attentiveness and alertness. The second dimension reflects newborns excitability and abilities to regulate themselves. These results suggest that signs of children's temperaments may be observed in the first days of life.





Your Child's Development

24-30 Months

Three-Year Questionnaires!

We are happy to report that our study has gained quite a bit of attention within the scientific community. We cannot thank you enough for your support, time and willingness to be a part of this important study.

We are therefore thrilled to announce that we are extending our study to age three. For the three-year portion of the study, we will be asking our participants to complete a few online surveys so we can stay in touch and continue to watch your beautiful baby grow.

We will plan to reach out a couple months before your child's third birthday. If you need anything in the meantime, you know how to find us. Be well and we will see you at age three!



What Your Toddler Can Do	What You Can Do
<p>I use my body to get me places!</p> <ul style="list-style-type: none"> I can walk up stairs one foot at a time. I can walk backward. I can balance on one foot which helps me climb. 	<ul style="list-style-type: none"> Go on a neighborhood walk. Let your child stop to check out what's interesting to her. Play "island hop." Line up pieces of paper on the floor and help your child jump from one to the next.
<p>I'm using language to tell you what I'm feeling and thinking.</p> <ul style="list-style-type: none"> I can make longer sentences: <i>Mama play truck?</i> My favorite words may be <i>no, me, and mine.</i> I may get overwhelmed by my strong feelings and have trouble putting them into words. I might need your help to calm down. 	<ul style="list-style-type: none"> Ask about your child's ideas: <i>What part of the book did you like?</i> Acknowledge feelings and teach social skills at the same time. <i>I know the doll stroller is your favorite toy, but Thomas would like a turn pushing it.</i> Help your child recover from a tantrum. Some children respond to being comforted. Others do better with some alone time in a safe, quiet place.
<p>I am getting really good at playing pretend.</p> <ul style="list-style-type: none"> I can use one object to stand in for another. A shoebox may become a bed for my stuffed hippo. I laugh at silly things, like the idea that my toy car might go <i>moo</i> instead of <i>beep beep</i>. Sometimes I get scared. I am getting so good at using my imagination but am not always sure what's real and what's pretend. 	<ul style="list-style-type: none"> Use pretend play to help your child handle challenging situations. You might act out a story together about meeting a new babysitter. Let your child lead the play. Ask: <i>Who should I be? What will happen next?</i> Respond sensitively to your child's fears. Explain what is real and pretend. This builds trust and security.
<p>I want to make friends but still need help with sharing.</p> <ul style="list-style-type: none"> I like watching other children and may copy what I see them do. I may have one or two good friends. 	<ul style="list-style-type: none"> Give your child regular chances to play with children her age. This builds social skills. Help your child with conflicts around sharing and turn-taking. Let her know you understand that sharing is hard. Help her find another toy to play with until it's her turn. Use a kitchen timer to help her learn to wait.

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Your Child's Development

30-36 Months


Helpful Tips for Parents

What Your Toddler Can Do	What You Can Do
<p>My body helps me do "big kid" stuff now!</p> <ul style="list-style-type: none"> • I can pedal a tricycle. • I can dress myself with your help. • I can draw a line. • I can turn a knob or unscrew a cap. 	<p>Let your child scribble with markers and crayons. This builds early writing skills.</p> <p>Give your child chances to practice more advanced physical skills like pedaling and climbing.</p> <p>Child-proof again so that your child's new ability to open caps and doorknobs doesn't lead to danger.</p>
<p>I use language to express my thoughts and feelings.</p> <ul style="list-style-type: none"> • By age 3, I may use as many as 900 words. • I understand sentences with two or more ideas (<i>You can have a snack when we get home</i>). • I ask questions. • I know my first and last name. 	<p>Introduce new words to build your child's vocabulary: <i>Is your snack scrumptious?</i></p> <p>Ask questions that require more than a yes-or-no answer: <i>Where do you think the squirrel is taking that nut?</i></p> <p>Be patient with your child's Why questions. Ask him what he thinks before you answer.</p>
<p>I am using my new thinking skills to solve problems.</p> <ul style="list-style-type: none"> • I can remember what happened yesterday. • I act out my own stories. • I'm becoming a "logical thinker." When I am pretending that it is bedtime for Teddy, I put a blanket on him and sing him a lullaby. 	<p>At dinnertime or before bed, talk with your child about her day. This builds memory and language skills.</p> <p>Encourage your child to use logic in everyday situations: <i>It's raining. What do we need in order to stay dry?</i></p>
<p>My friends are very important to me.</p> <ul style="list-style-type: none"> • I like playing with other children. I may have one or two close friends. • I notice how people are the same and different— like their skin color and size. 	<p>Help children deal with conflicts around sharing and turn-taking: <i>There is only one train. I will put the timer on and you will each have 5 minutes to play with it. While you wait for your turn, you can choose to play with cars or another toy.</i></p> <p>Help your child be sensitive to differences among people: <i>Yes, people do come in all different sizes.</i></p>


Support your child's communication skills. The capacity to communicate is the ability and desire to connect with others by exchanging ideas and feelings, both verbally and non-verbally. Communication starts at birth and continues throughout life.




Consider your child's temperament. Temperament is your child's typical attitude, mood, and behavior. Understanding a child's temperament is a critically important part of parenting.



Reflect on your experiences as a child to make conscious decisions about what practices you want to repeat and those you'd prefer to change.



Just Breathe! Take Deep breaths. Parenting is challenging and managing strong emotions in the process is much easier said than done. Taking time to breath and regroup can serve as positive role-modeling for your kids.




Read, read, read! Develop language and as share books, tell stories, sing songs, and narrate stories.



Find time to just play! When children play with you they not only are kept busy, but also learn that they are loved and important. Play helps children to develop self-esteem and self-confidence, which helps them maintain loving and supportive relationships throughout their lives!



Help your child develop social-emotional skills: how to make friends, healthy and appropriate ways to show anger, and how children will develop these skills in small steps over a period of time.



Keep behavioral expectations realistic. Children need to develop self-control in order to understand rules and limits. Self-control and self-regulation are complex skills that emerge in the early months of life and are not fully developed until around 5 years of age.

