Update from the Family Child Neuroscience Lab

Dr. Pilyoung Kim, the principal investigator of our lab, gave several talks on our research projects to community members, such as WIC (Women, Infants and Children) Programs and the DU AHSI faculty lecture series. Dr. Kim also presented research projects to the scientific community including being an invited speaker at the Implications of Research on the Neuroscience of Affect, Attachment and Social Cognition forum which took place in the UK at University College London. Chris Capistrano, a first year developmental graduate student in our lab, and Dr. Kim presented on research about the HEART study at the Society of Research in Child Development biennial meeting in Philadelphia. Naomi Wallace, an honor’s student, also gave a presentation to the department of psychology about her honor’s thesis which focused on data from the HEART project. Finally, the FCN lab was featured on Colorado Matters on Colorado Public Radio. Check it out in their archives!

By Pilyoung Kim

Did you move or change your phone number?

Please remember to send us your new phone number and address. We want to keep you updated about studies and happenings in the lab.

Give us a call at (303) 871-3096 or email us at fcnlab@gmail.com.

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Do you know someone who would like to participate in the IDEA or SHINE Projects?

Have them give us a call at (303) 871-3096 or check out the website: pilyoungkim.org.

By Daniel Mason

 Denver Museum of Nature and Science
 2001 Colorado Blvd
 Free Admission: Sunday, July 26; Monday, August 17; Sunday, September, 27th
 Denver Art Museum
 100 West 14th Ave, Parkway
 Free admission on the first Saturday of every month.
 City Park Jazz
 17th and Colorado
 Every Sunday 6/7-8/9 6-8 PM
 Movies in the Park
 Infinity park
 Colorado and Kentucky Ave
 Free movies are every other Monday night at 8pm starting June 1st
 Skyline Park
 16th and Arapahoe, Downtown
 Free movies are every Saturday night at sundown until August 15th (No movie July 25th)

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Pick a Protein Green Goddess Tacos
By Tanisha Crosby– Attipoe

Ingredients:
- 2 lbs of protein (chicken, tofu, or get creative and substitute something unique)
- 4 TBSP olive oil
- 2 TSP crushed or ground Jalepeno peppers
- 1 TSP ground Cumin
- a good pinch coarse salt and pepper
- 2-3 limes, quartered
- Corn tortillas

Directions:
Preheat your grill pan.
Place protein on grill pan in a large baking dish or bowl.
In a small bowl, combine olive oil with diced jalapeno peppers, ground cumin, salt and pepper. Spoon oil mixture over protein and spread around so that protein is covered.
Squeeze fresh lime juice over your protein when done. Serve with toppings.

Toppings:
- Shredded cabbage
- Sliced avocado
- Fresh cilantro
- Green hot sauce
- Plain Greek yogurt
- Additional Lime
- Green hot sauce

Simple Steps to a Great Night’s Sleep
By Naomi Wallace

Studies have shown that sleep is essential for many functions including memory and mood. Today, 40% of children in the U.S. experience some kind of sleep problem before they turn 18. Many children are not getting the quality and quantity of sleep that they need. So what can you do as a parent to help your child get the best sleep possible?

Allow enough time for sleep
- Kids need more sleep than adults to help their growing bodies and brains.
- Kids under the age of one should get at least 14 hours of sleep a night, while 7 to 12 year olds should get 10-11 hours each night.

Keep a consistent schedule
- Kids who wake up and fall asleep at the same time each day tend to have good sleep quality and better moods.
- Shut off the screens
- The blue light in electronic screens (laptops, cellphones, iPads and TV) slow down the chemicals that signal your brain to sleep. Try to eliminate screen usage near bedtime.

Create a bedtime routine
- Going through the same activities before bedtime each night can help signal the brain that it’s time for rest.
- Try calming activities like reading a book or telling a story.
- Let them fall asleep alone
- Sharing a book before bedtime is great, but when it’s time for your child to fall asleep, it’s best for them to be alone.
- Give them a try to help your child get a great night’s sleep.

Pretzels with your Parents
By Tanisha Crosby– Attipoe

Cooking and baking are fun activities for the whole family to enjoy. It can be used to spark creativity such as decorating cookies, cake, or making homemade pizza. Your child will develop skills that can even be used outside the kitchen as they practice counting, measuring, problem solving, and organization skills. It also creates wonderful memories between you and your child.

Pretzels are a delicious treat that can be enjoyed at any time of the year, especially with the summer months approaching. When making pretzels, try coming up with your own shapes and letters, then enjoy your unique creations.

Ingredients:
- Coarse salt
- Sugar
- One egg
- Yeast

Directions:
- Preheat the oven to 400 degrees
- Line a cookie sheet with foil and spray with vegetable oil
- Sprinkle a package of yeast onto ¼ cup of warm water. Add a tablespoon of sugar, and stir. Let stand until mixture foams
- Put two cups of flour and ¼ teaspoon of salt into a bowl. Add the yeast mixture and stir.
- Sprinkle flour on the counter and knead the dough until it’s smooth.
- Roll pieces of dough into ropes and make fun shapes.
- Beat an egg with a fork.
- Brush pretzels with the egg and sprinkle with coarse salt.
- Put the pretzels in the oven. Bake for 15 minutes or until light brown.

Research update from H.E.A.R.T Project
By Hannah Bianco

The Home Environments and Relationships (HEAR) Project has wrapped up its first phase of data collection, and we hope to follow-up with participants in the coming years.

One of the questions we are most interested in is how children 8-10 cope with daily life stress and how certain types of coping skills impact emotional wellbeing.

We found that children who report using more problem solving/emotion and reconstituting of emotions/acceptance were less likely to report emotional problems.

Here are some strategies that you can use to support problem solving for “hot” emotions (i.e., anger)
Have your child practice the STOPP technique:

Stop and Step Back – Don’t say or do anything right away
Take a Breath – Pause and focus on taking a deep breath
Observe – Is there another way to think? Are your thoughts helpful or unhelpful?

Problem Solve – What are some options for how you can act? What is your goal and how can you reach it?

Pick a solution and try it – If your first solution doesn’t work the way you want, try the next best solution.

Here are some strategies that you can use to support problem solving for “cool” emotions (i.e., sadness)

Help your child write down 3-5 trusted people that she/he can talk to.

Also, plan a fun activity together like:
- Go to a library and read a book out loud together
- Dance and lip sync to your favorite songs together

There are some problems that cannot be solved or even changed. Talking to your child about different ways to think about a problem can help her/him feel better even if the problem doesn’t go away. Ask questions like, “Is thinking this way getting me what I want?”, and help them think positively about the situation by saying things like, “maybe you will meet your life-long best friend after moving”. 