

Family and Child Neuroscience Laboratory

Summer Newsletter

July 2017



UNIVERSITY OF DENVER
FAMILY AND CHILD
NEUROSCIENCE LAB
303-871-3096

We hope you and your family are having a wonderful summer! In this newsletter, we are excited to introduce our upcoming study (The RISE Project), provide research updates from the lab, introduce new lab members, and provide some fun ideas for family activities in the coming summer months!

In this issue :

- 1. Greetings,
RISE study
introduction**
- 2. Lab Research
Updates**
- 3. Free Summer
Events**
- 4. Fun Family
Activities**
- 5. Meet our
Newest Lab
Members!**



Join us for
our new
study!

Participate in our new RISE Project!

We're inviting healthy pregnant women to our new study of how everyday stress during pregnancy affects maternal and infant brain development!

Are you or anyone you know between 18-40 years old and 8-12 weeks pregnant?

The study consists of:

- Home visits
- Interviews and surveys
- Neuroimaging
- Biological Sampling



Will I be compensated? – Yes! You could get compensated up to \$740 for your participation in our RISE project.

If you (or someone you know) might be interested, Email us at fcnlab@gmail.com or give us a call at 303-871-3096.



Research Updates

As always, we at the Family and Child Neuroscience Lab are hard at work. Below are some brief summaries of the current research being conducted by our graduate students!



Chris Capistrano investigated whether stress exposure in first-time mothers was linked to changes in brain activity in regions involved in emotion regulation. Analyses revealed that **stressed mothers exhibited changes in neural activity in brain regions that have been implicated in emotion regulation.**



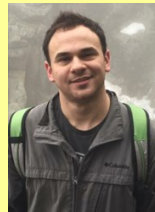
Andrew Erhart's research has focused on how children aged 8-10 in the HEART Project process emotions. He found that **children who had experienced more consistent stress from lack of resources were less able to recognize emotions expressed on faces.**



Amy Anderson's found that **greater postnatal anxiety in first time mothers is linked with stronger connections between certain brain regions that are thought to be important for parenting behaviors .**



Alex Dufford's recent talk at the Society for Research in Child Development meeting in Austin, Texas used data from children in the FCN lab's HEART project. **Alex identified a link between stressors and brain regions involved in memory and social information processing.**



Sleep Tips for Expecting Mothers

By Rebekah Tribble

During pregnancy, it is common to have sleep troubles. Read our tips to get a better night's sleep, and the critical rest your body and mind need during this important time in your fetus' development!

- 1. Stay hydrated!** Drink plenty of fluids during the day, but cut down before bed to minimize nighttime urination.
- 2. Stay active.** Exercise regularly for optimum health and to improve circulation.
- 3. Ease your mind.** Stress and anxiety often prevent a good night's sleep, so maintain a routine that reduces stress.
- 4. Perform a routine.** A consistent and comfortable evening routine will help you drift off to sleep .
- 5. Lights out!** Avoiding lights from phones, computer screens and TVs close to bedtime may also help with sleep.
- 6. Nap.** If you're not getting enough rest at night, take a nap to help reduce fatigue.
- 7. Your diet matters.** Beyond general health benefits for you and your baby, A healthy diet will help you sleep more soundly.
- 8. Seek help.** See your doctor for advice if your trouble with sleeping persists. It's important to get sufficient rest now more than ever!



Source: National Sleep Foundation and parents.com

Looking for something fun to do with your little ones this summer? Try this easy and delicious family recipe!



Free Sumer Events by Leah Grande

Denver Zoo

2300 Steele St., 720-337-1400

Nov. 3, 6 and 16.

Denver Art Museum

100 W. 14th Ave Parkway, 720-865-5000

Aug. 5, Sept. 2 and 9, Oct. 7,
Nov. 4 and Dec. 2.

Note: General museum admission free for kids 18 and younger every day.

Denver Botanic Gardens

1007 York St., 720-865-3501

York Street: July 17, Aug. 29,
Nov. 10 and Nov. 11.

Chatfield Farms: July 15,
Aug. 1 and Nov. 7.

Children's Museum of Denver

2121 Children's Museum Dr., 303-433-7444

Free nights 4-8 p.m. include Sept. 5, Oct. 3,
Nov. 7 and Dec. 5.

Joy Park free nights: July 21, Aug. 18 and
Sept. 15.

Denver Museum of Nature & Science

2001 Colorado Blvd., 303-370-6000

Aug. 6 and 28, Sept. 17, Oct. 16,
Nov. 13 and Dec 10.



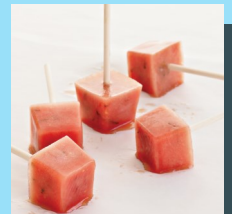
Healthy Watermelon Popsicles

SUPPLIES

- Popsicle molds
- Freezer
- Popsicles
- Fruit scoop
- Blender
- Popsicle sticks

Ingredients

- 3 $\frac{1}{2}$ cups of seedless watermelon scoops
- 3 kiwis that have been peeled and sliced



INSTRUCTIONS

1. Place your 3 $\frac{1}{2}$ scoops of watermelon into a blender, and blend until smooth
2. Pour pureed watermelon into the popsicle molds until each is $\frac{2}{3}$ s full.
3. Place your popsicle sticks into the molds and freeze until the watermelon puree is firm (approx. 2 hours)
4. Place your peeled and sliced kiwi in your blender and blend until smooth.
5. Pour your pureed kiwi in the popsicle molds on top of frozen watermelon puree.
6. Place back in freezer with added kiwi puree for approx. 4 hours or until firm (approx. 2 hours).

<http://theprettybee.com/2015/06/watermelon-kiwi-popsicles.html>

The Family and Child Neuroscience Lab



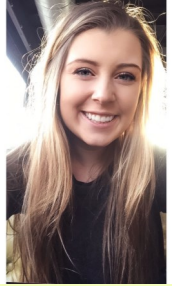
Meet our Newest Lab Members!



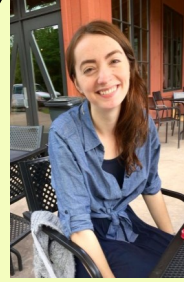
Mathias Smrekar is currently pursuing his master's in Research Methods and Statistics at the University of Denver. In his free time, Mathias enjoys playing basketball, cooking, and exploring the Colorado mountains.



Aviva Olsavsky is a Child and Adolescent Psychiatrist who is interested in how history of trauma in mothers affects their ability to experience reward in the context of the parent-child relationship. Aviva enjoys camping with her husband and pets, and downhill skiing!



Hana Gulli is a second year undergraduate student at the University of Denver. She plans to pursue a major in Psychology with a focus on neuroscience and minors in Spanish, Biology, and Marketing. Hana loves dogs, and you can usually find her walking around campus with her housemate's dog.



Leah Grande is a graduate student in the Clinical Child Psychology Ph.D. program at the University of Denver, specializing in developmental cognitive neuroscience. In her free time, she likes to travel, cook, and learn new languages.

Did you move or change your phone number?

If you have done so in the past year, please send us your updated address and phone information. We want to keep you in the loop about new 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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