

## Updates from the Family Child Neuroscience Lab

By Pilyoung Kim



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 AHSS 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!

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](mailto:fcnlab@gmail.com).



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](http://pilyoungkim.org).



The IDEA Project  
The Infant Development, Emotion, and Attachment Project



The HEART Project  
Home Environments and Relationships  
The study of emotional and cognitive development



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### FREE EVENTS

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)

# Family & Child Neuroscience Lab Newsletter

VOLUME 1, ISSUE 2  
EDITORS:

## Get to know the FCN lab

By Rachel Schiff

### CHRIS CAPISTRANO



Chris is a senior research assistant in the lab. She is interested in researching

the effects of poverty on cognitive development. Chris loves to work in the lab because of the research work that we do, and her chance to work with such talented colleagues. In ten years, Chris hopes to be in charge of her own research lab when she graduates from school. In her

free time, she enjoys hiking, skiing, and trying new restaurants.



### DANIEL MASON

Daniel is the lab coordinator for the IDEA project. He is interested in researching the impact that the social and physical environment have on our health.

The interplay of the individual and the environment is an element. Daniel does not believe that a person's social standing should be related to the healthcare a person is provided. He feels it is an important

piece of the health puzzle.

Daniel's favorite part of lab is seeing all of the babies at home visits and during fMRI scans. In the future, Daniel hopes to be practicing family medicine in the U.S. and abroad.



## WE ARE SO THANKFUL

We are so thankful for all of our HEART and IDEA participants! Thank you for taking the time, allowing us into your homes, and rearranging your schedules to help us with our research. We could not have done it without you. We also want to thank all of our community partners that have helped us with recruiting. Our community partnerships are invaluable to us. We are truly grateful for all the participants and partnerships. We look forward to continuing these partnerships with the new phase of our study, the SHINE Project. In this study, we hope to understand how everyday stress influences how infants, 12-14 months, feel and think, and how infant's bodies and brains develop.

## Summer Sensory Fun

By Lindsay Blanton

Summer provides the perfect chance to get outside and get messy! Kids need to move and play to learn about the world around them and develop problem solving, and social skills. Messy play activities can help achieve this by stimulating your child's sensory system. Here are some fun ideas to try at home:

### Homemade Sidewalk Paint:

1 cup of cornstarch  
¾ cup of water  
food coloring  
Find used containers in the kitchen to separate colors and whisk together. Use your fingers or paint brushes to create your masterpiece on the sidewalk!

### Edible Sand:

1/2 cup of corn meal  
2 envelopes of Kool Aid  
¼ tbsp of water  
Mix the ingredients with your hands in a large bowl. You can create castles, fill clear cups with different layers of color or hide objects in sand and create a treasure hunt!

# 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 Jalapeno peppers
- \*1 TSP ground Cumin
- \*a good pinch coarse salt and pepper
- \*2-3 limes, quartered
- \*Corn tortillas

### Directions :

Place protein choice 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.

Preheat your grill pan.

Place protein on grill pan for recommended cooking time.

Warm your tortillas until lightly charred and bubbly. Be sure to keep an eye on them.

Squeeze fresh lime juice over your protein when done. Serve with toppings.

### Toppings:

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

# 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

- Sprinkle a package of yeast onto ¼ cup of warm water. Add a tablespoon of sugar, and stir. Let stand until mixture foams
- 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 two cups of flour and ½ teaspoon of salt into a bowl. Add the yeast mixture and stir.
- Put the pretzels in the oven. Bake for 15 minutes or until light brown.

### Directions:

- Preheat the oven to 400 degrees
- Line a cookie sheet with foil and spray with vegetable oil
- Sprinkle flour on the counter and knead the dough until it's smooth.



# 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<sup>1</sup>. Today, 40% of children in the U.S. experience some kind of sleep problem before they turn 18<sup>2</sup>. 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 TVs) 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.

<sup>1</sup>Kahn, Sheppes & Sadeh, 2013; Walker, 2008; <sup>2</sup>Alfano, Zakem, Costa, Taylor & Weems, 2009; <sup>3</sup>Yokomaku, et al., 2008; <sup>4</sup>Chellappa, Steiner, Oelhafen, Lang, Gotz, Krebs & Cajochen, 2013; <sup>5</sup>Mindell, Meltzer,

# Research update from H.E.A.R.T Project

By Hannah Bianco

The Home Environments and Relationships (HEART) 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 reconstructing 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”.

