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## FREE EVENTS

By Naomi Wallace

### Children's Museum

2121 Children's Museum Dr.,  
Denver, CO 80211

**Free first Tuesday of the month from 4-8**

### Denver Zoo

2300 Steele St, Denver, CO 80205

**Free days on November 3rd, 14th and 20th.**

### Denver Museum of Nature and Science

2001 Colorado Blvd, Denver, CO 80205

**Free days on September 8th and 28th, October 27th and December 1st.**

### National Center for Atmospheric Research

1850 Table Mesa Dr., Boulder, CO 80305

**Self-guided tour anytime from 8-5 on weekdays and 9-4 on weekends**

**Guided tours M, W, and F at noon**

EDITOR:

DETRE GODINEZ  
RACHEL SCHIFF

# Family Child Neuroscience Lab

## Newsletter

VOLUME 1, ISSUE 1

EDITOR:

## WE ARE SO THANKFUL FOR....

We are so thankful for all of our HEART and IDEA participants. You have taken the time and allowed us into your homes and moved your schedules to help us with the 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.

## Get to know the FCN lab

By Christian Capistrano

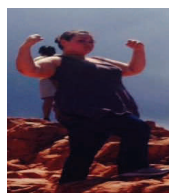


HANNAH BIANCO

Hannah is one of our senior

members of the Family and Child and Neuroscience (FCN) lab. A native of Oregon, Hannah earned her undergraduate degree from the University of Oregon before working as a research coordinator at the University of Illinois at Urbana-Champaign for two years. She is now a graduate student in the Clinical Child Ph.D program at the

University of Denver (DU) where her current research focuses on parent-child interactions, socialization of coping, effects of socioeconomic status and environmental stress on child mental health outcomes, and neurobiological processes that mediate risk for psychopathology. Outside of work, Hannah likes gardening,



photography, woodworking, and traveling.

RACHEL SCHIFF

Rachel has been

a member of the lab since March of 2014. She has been working with infants for 15 years Rachel is currently a graduate student at DU working towards a Master's degree in Early Childhood and Special Education. Her research interests include stress in families with special needs, early intervention, breastfeeding, routine-based interventions in the home and school, and stress reduction in early childhood teachers. Outside of school, Rachel enjoys creating art and crocheting. She is also a "foodie" and enjoys trying new restaurants and different cuisines!

## Fun Facts about Children and Infants: Infant Edition

By Raza

Although we see babies around us all of the time, some of these facts will amaze you.

Newborn babies tend to move their head to the right rather than to the left.

There is a baby born every three seconds. That means by the time you are done reading this sentence, 2 babies have been born somewhere in this world.

All in all, baby boys tend to be

slightly heavier than baby girls. The difference comes out to about 8 ounces.

Because babies lack teeth, it is impossible for them to collect the bacteria that causes bad breath. Sunday is the slowest day for births in the United States.

Babies begin to develop fingerprints around the age of three months.

The heaviest baby ever docu-

mented was 22 pounds and 8 ounces.

A single baby will go through about 2,700 diapers every year.

If you would like to read more fun facts, check out these websites below!

<http://www.oasisdoc.com/files/fun-baby-facts.pdf>

<http://www.onlinenursepractitionerschools.com/40-truly-amazing-facts-about-babies/>

# RECIPE: Broccoli and Cheese Tortilla Casserole

By ????

## Ingredients:

- 1 can cream of mushroom soup
- 1 (10 oz) can, package, or fresh white albacore tuna
- 10 oz of broccoli spears, cut into 1 inch pieces
- 1 cup milk
- 1 cup shredded cheddar cheese
- 1 can French fried onion
- 1 tomato, chopped
- 6 flour tortillas

## Directions :

- Combine soup and milk.
- Combine tuna, broccoli, 1/2 cup cheese, and 1/2 can fried onions.
- Stir in 3/4 cup soup mixture into tuna mixture.
- Divide tuna mixture

- evenly among the 6 tortillas and roll up; place seam side down in lightly greased baking dish.
- Stir tomato into remaining soup mixture and pour over top of tortillas. Bake at 350 degrees for 35 minutes.

Top tortillas with remaining onions and cheese and bake for 5 minutes longer.



# RECIPE: Warm Lentils with Asparagus

By Madison

## Ingredients:

- 3/4 CUP GREEN LENTILS
- 1 SMALL RED ONION, CHOPPED
- 1 CARROT, CHOPPED
- 1 STALK CELERY, CHOPPED
- 1 POUND ASPARAGUS
- 2 TABLESPOONS BALSAMIC VINEGAR
- 1 TEASPOON HONEY
- 1/2 TEASPOON DIJON MUSTARD
- 1 TABLESPOON EXTRA-VIRGIN OLIVE OIL
- 1 LARGE BUNCH OF SPINACH
- 4 OUNCES YOUR FAVORITE CRUMBLY CHEESE

## Directions:

1. Preheat the oven to 450°F.
2. Bring 2 cups of water to a boil in a medium saucepan over high heat. Add the lentils, onion, carrot, and celery. Reduce the heat to low, cover, and simmer for 15 to 20 minutes or until the lentils are tender. Drain.
3. Meanwhile, place the aspara-
4. Whisk together the vinegar, honey, and mustard in a medium bowl. Whisk in the olive oil. Stir in the lentil mixture, cut the asparagus into small sections and add to the lentils with the spinach.
5. Place the lentil and spinach

gus on a baking sheet and coat it on all sides with cooking spray. Roast for 10 to 15 minutes or until tender-crisp and browned. (Time varies depending on the thickness of the asparagus.)

mixture on the plate, arrange the asparagus as desired and sprinkle liberally with cheese (because cheese makes everything taste better!).



# Walking tips from the Zero to Three organization

By Christina Congelton

Here are some tips from Zero to Three that can help you support your baby's first rolls, scoots, and scampers.

Give your baby plenty of tummy time, starting from birth. By playing on their bellies, babies develop the muscle strength in their shoulders, arms, back and trunk (torso) that helps them learn to crawl.

Encourage your baby to reach for and move toward the toys and objects she is interested in. Lay interesting toys at just a short distance from your almost-crawler. See if she is able to move herself toward these objects.

Make sure your baby has space to explore that is safe and supervised.

### Things to Avoid:

- Baby walkers.
- Spending lots of time in baby seats and baby carriers.
- Pushing your child to learn to crawl.



*“Children are educated by what the grown-up is and not by his talk.”*

# Talking tips from the American Psychological Association

By Christina Congelton

## Be available for your children

Notice times when your kids are most likely to talk and be available.

Start the conversation; it lets your kids know you care about what's happening in their lives.

Find time each week for a one-on-one activity with each child, and avoid scheduling other activities during that time.

## Let your kids know you're listening

When your children are talking about concerns, stop whatever you are doing and listen.

Let them complete their point before you respond.

Repeat what you heard them say to ensure that you understand them correctly.

## Respond in a way your children will hear

Soften strong reactions; kids will tune you out if you appear angry or defensive.

Resist arguing about who is right. Instead say, "I

know you disagree with me, but this is what I think."

Focus on your child's feelings rather than your own during your conversation.

### Remember:

Ask your children what they may want or need from you in a conversation, such as advice, simply listening, help in dealing with feelings or help solving a problem.

Kids learn by imitating. Most often, they will follow your lead in how they deal with anger, solve problems and work through difficult feelings.

Kids learn from their own choices. As long as the consequences are not dangerous, don't feel you have to step in.

*- Carl Jung*

# Happenings in the Family Child Neuroscience Lab

By Pilyoung Kim



Dr. Pilyoung Kim, a principle investigator of our lab, gave several talks on our research projects to the community, such the WIC (Women, Infants, Child) Program at the North Broadway Clinic, the Prenatal Plus Program at Rose Midwifery in Denver, and the Emergency Family Assistance Association in Boulder. Dr. Kim also presented research projects to the scientific community as an invited speaker at the University of Denver, the University of Colorado – Boulder and – Denver, the International Infant Cry Research Workshop in the United Kingdom, the Social & Affective Neuroscience Society meeting in Denver and the Society of Research in Child Development meeting in Seattle.



Our senior graduate student, Hannah Bianco presented her research work at the Social & Affective Neuroscience Society meeting in Denver, and the annual convention of the Association for Behavioral and Cognitive Therapy (ABCT) in Nashville. We also had a visiting student from Italy, Paola Rigo, who presented her research work at the Parental Brain Conference in Germany, and the Social & Affective Neuroscience Society Meeting in San Francisco.

## Did you move or change your phone number?

Please remember to send us your new address and phone number. 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](mailto:fcnlab@gmail.com).



## Do you know someone who would like to participate in the HEART or IDEA studies?

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

**Family Child Neuroscience Lab**  
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The Infant Development, Emotion,  
and Attachment Project  
**The IDEA Project**



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