

Project 1, 2, 3, Go! Post



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Effortful Control and Grade-school Age Children

Existing research shows that children's effortful control in grade school is related to better relationships with teachers and peers, fewer behavior problems, and better coping with stress. But there is very little research about how to promote effortful control during the grade-school years.

Thanks to your involvement in Project 1, 2, 3, Go! we learned a lot about the factors that are associated with the development of effortful control in preschool-age children (see our previous newsletters for summaries of our findings at: http://depts.washington.edu/cfnkw/go_newsletters.html). Using a "whole child" or bioecological approach, we've identified physiological stress responses, parent support, family stress, and income as being related to effortful control in preschool-age children.

In the next phase of our study, we want to learn if there are different factors that predict the development of effortful control in grade school-age children. At these ages, it's important to find out more about how influences outside the home, like peers, classrooms and neighborhoods, play a role. We will be contacting your family sometime over the course of the upcoming school year to set up an appointment to check in with your family, measure your child's effortful control, and find out how your child is doing.



Check-in Assessments

We hope to follow your child's progress throughout grade school! For now, we have the funding to check in with you about how your child is doing.

We will be contacting you to set up an appointment to come into our offices for a 45-minute meeting. We are looking forward to having you visit our new offices!

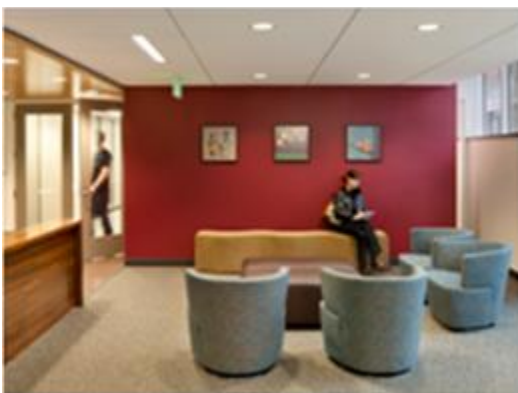


What to expect from your visit:

- Expect a call from Kristina or one of our staff.
- Schedule a 45 minute visit.
- Come to our new offices at:
3903 Brooklyn Ave NE, Seattle, WA 98105
(We'll be sending directions and parking info.)
- Your child will complete measures of effortful control.
- You will be asked about how your child is doing and any recent life changes.
- Your family will be compensated for parking and receive \$50 for participating.

Assessments will take place between November and April, and your family will be contacted based on the timing of your previous participation in our study.

We look forward to finding out how you and your child are doing!



Upcoming Events at CCFW!



The Center for Child and Family Well-being is our new home! And CCFW will host a number of events during the 2013-2014 academic year. Here are a few that you might be interested in:

Free Public Lectures

- Kristin Neff, *Self-Compassion in Parenting*
Dec 6, 2013 from 7-8:30pm at UW Kane Hall 220
- Richard Davidson, *The Emotional Life of the Brain*
March 26, 2014 from 7-8:30pm at UW Kane Hall 130

Professional Training

- Kristin Neff, *Self-Compassion for Professionals Working with Children and Parents*
Dec 7, 2013 from 8:30am-12:30pm at CCFW
- Richard Berger, *Mindfulness-Based Stress Reduction (MBSR) for Professionals Working with Children and Parents*
Intro Workshop: Nov 14, 2013 from 6:30-9pm at CCFW
8-Week Course: Wednesdays from 6:30-9pm starting Jan 29, 2014 at CCFW

Parenting Workshop

- Jon & Myla Kabat-Zinn, *Mindful Parenting 1-Day Workshop*
Jan 25, 2014 from 9am-4:30pm at Talaris Conference Center

For more information, please visit

<http://depts.washington.edu/ccfw/events.html>

Is Your Contact Information Up to Date?

Have you moved, changed phone numbers, or e-mail addresses since your last visit with us? Please let us know!

We'll be contacting you within the next school year so it is very important that we keep your contact information up to date! Feel free to give Kristina a call or e-mail to update your contact information if it has changed since your last visit. She would love to hear from you! (go123@uw.edu)

As a reminder, her phone number has changed to:
206-221-1583.



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<http://depts.washington.edu/cfnkw/123gohome.html>

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Fun Activities for Fall!

The Park in the Dark

- Washington Park Arboretum Graham Visitors Center 2300 Arboretum Drive E. Seattle WA 98112
- Saturday September 14, 7-8:30pm: Explore the Arboretum at night and learn how animals adapt to the dark. Bring your own flashlight. Recommended for ages 6 and older. \$6, free for kids. Register by phone or online at <http://depts.washington.edu/uwbq/education/family.php>

Free First Thursday at Kid's Discovery Museum

- 301 Ravine Lane N.E. Bainbridge Island WA 98110, 206-855-4650
- October 3, 10am-4pm : On the first Thursday of each month, families are invited to explore KiDiMu. Enjoy a free-admission day. Have fun with a variety of hands-on exhibits and art activities.
- KiDiMu is located within a walking distance from the Seattle - Bainbridge Island ferry terminal. The ferry ride takes about 35 minutes.

The Octonauts Adventure Show

- Westfield Southcenter, 2800 Southcenter Mall, Seattle, WA 98188, (206) 246-7400
- October 4, 11am to 1pm : Captain Barnacles and Kwazii from the hit children's television series Octonauts will perform two shows of "Octonauts: To Your Stations". This rockin' show will feature a variety of musical numbers and the chance to become an honorary Octonaut! Plus, all kiddos will receive Octonauts certificates and creature cards featuring fun and informative activities.
- Octonauts are a dynamic eight-member team of quirky and courageous adventure heroes who dive into action whenever there is trouble under the sea.