

Fall 2011

Volume 3, Issue 1

# Project 1, 2, 3, Go! Post



University of Washington Psychology Department  
Box 351525, Seattle, WA 98195  
206-616-5768 or go123@uw.edu

## In this issue:

- Research Results  
pg 1
- CCFW  
pg 1
- Watch them Grow!  
pg 2
- Researcher Insight  
pg 2
- Meet Erika Ruberry  
pg 3
- Contact Info  
Pg 3
- Fun/Free Fall Activities  
pg 4

## Hot off the press!

Our team spent the summer analyzing, and describing the information your families have provided by participating in the study so far. We were looking at information from your Time 1 and Time 2 visits.

Some highlights:

- There was significant growth in children's effortful control (we could all see that in the kids!).
- Effortful control helped children with their emotion and stress regulation (from our observation of their responses to our emotion-eliciting activities).
- Children who experience lots of strain in their lives may show smaller increases in effortful control from one time to the next, **BUT...**
- There are opportunities for parents to help their kids build effortful control through working together on puzzles and play activities.
- Parents' engagement and support in our sessions were related to the development of effortful control.



## Center for Child and Family Well-Being (CCFW)

When we start grade-school age visits in a couple of years, they will be in our new home, CCFW. The mission of CCFW is to promote the positive development of children and families.

- Children attain critical skills at every developmental stage.
- A holistic approach to understanding children's development takes into account the important role of parents, families, and communities.



Learn more at:

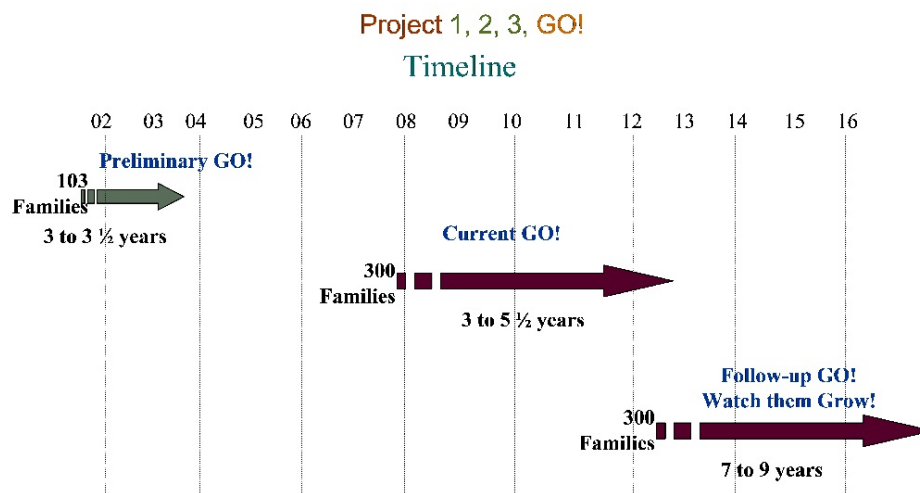
<http://depts.washington.edu/ccfw/>

## Follow-up Go! Watch Them Grow!

In 2008, we began Project 1, 2, 3, Go! with the goal of following children's development of self-regulation, social, and emotional competence during preschool. Families just like yours have been coming to see us once every 9 months, and this month, we wrapped up our Time 3 visits. By the end of May next year, we will reach the end of our Time 4 visits. It has been very exciting watching your children grow and seeing how much progress they make in our activities during each visit!

A research assistant said "In general, I am also always struck by how playful and curious the kids are. Some kids ask to see the video tapes of themselves... nearly every kid wants to know WHY we are doing each activity. It not only shows how much the kids are learning about their world in this period of their lives, but it's also a good reminder for us to be as engaged (and enchanted!) by the world around us." Our findings mirror these observations: there is marked growth in your children's self-control in the time that we've known them.

We have some additional important findings from the study, including how stress and stress hormones play a role in children's self-control, and identifying things parents do to promote it. We will continue uncovering the insights your family has shared with us over the next couple of years. We are also looking ahead to the next phase of the study, which is to understand how preschool self-control plays a role in grade-school social, emotional and academic competence. We hope even after your Time 4 visit with us that you'll stay involved in Project 1, 2, 3, Go! We hope to be in touch when your children are in grade school and continue to **watch them grow!**



### Researcher Insight

"Knowing how small the children were at time one, it's crazy to see how quickly they've grown into kindergarteners. When children come in for their Time 4's, their moms sometimes bring a younger sibling. That sibling is often the age that the participants were when they first began participating in our study. When I look at their younger, 3-year-old brother or sister, I find that I cannot fathom that we ever did tasks with children that young. Every nine months, they get better and further on each task and become a little bit more aware of their role in our study. It's great to see our participants' personalities and minds always evolving.!"

**-Katie Krimer, Former Student Researcher**

## Meet our New Grad Student: Erika Ruberry

---



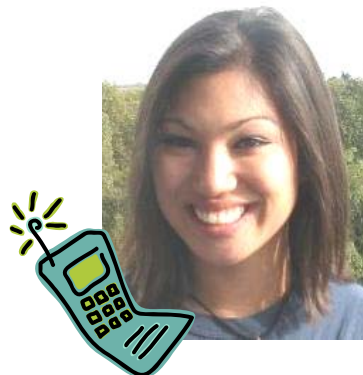
Erika Ruberry is a new first-year graduate student in the Child Clinical Psychology program at UW. She is very happy to be back in Seattle, her hometown, and excited to start working on Project 1, 2, 3, Go! She got her bachelor's degree in psychology at Dartmouth College in New Hampshire in 2007, and most recently worked as a research coordinator at the Sackler Institute in New York, studying children's neurobiological development. She is especially interested in how exposure to stress early in life affects children's emotional and cognitive development, and what factors may help children succeed in challenging environments. In her free time, she likes to try new recipes, practice yoga, and catch up on reading. Welcome to the team Erika! We are so glad you're here!

## 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!

Since we are planning on re-contacting you when your child is around 7 or 8 years old, 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!



University of  
Washington

Psychology  
Department

Address:  
Box 351525  
Seattle, WA 98195

Phone:  
206-616-5768

Email:  
[go123@uw.edu](mailto:go123@uw.edu)

---

Project 1, 2, 3, GO!  
University of Washington  
Box 351525  
Seattle, WA 98195-1525



## Fun Activities for Fall and Winter!

### Pumpkin Bash at Woodland Park Zoo

- 601 N 59<sup>th</sup> St. Seattle, WA 98103 (206) 548-2500
- Saturday, October 29 and Sunday, October 30 9:30am - 2:30pm
- Free with zoo admission: One child 12 and under in costume admitted FREE with a paid adult.
- Enjoy the animals as they crunch, smash or stomp on pumpkins and enjoy trick-or-treating in the Pumpkin Promenade. Activities include Halloween decorations and crafts, live entertainment.

### St. Jude Give Thanks Walk

- Auburn SuperMall, 1101 Supermall Way, Auburn WA 98001
- St. Jude supporters in 80 communities across the country will join together as teams and individuals to participate in this exciting family-friendly 5K walk to help raise money to support the children of St. Jude Children's Research Hospital. Walk will be indoors and strollers are welcome!
- Visit [www.givethankswalk.org](http://www.givethankswalk.org) for more info

### Winter Fest at Seattle Center

- 305 Harrison Street Seattle, WA 98109 (206)684-7200
- Five weeks of free and affordable, fun-filled activities and entertainment, Nov. 25 - Dec. 31. Visit Center House - displaying its winter finest - or explore the enchanting Winter Train and Village. The Ice Rink returns (through Jan. 1), along with music and comedy, jazz and dance, cultural celebrations, ice sculpting, fireside singing, student showcases and more.
- Visit <http://www.seattlecenter.com/winterfest/> for more info