

Spring 2012

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Project 1, 2, 3, Go! Post



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Wrapping Up Phase 1

It's hard to believe their preschool years are behind us! I'm sure you feel the same way that we do looking back on when your family joined Project 1, 2, 3, Go! The first families to participate in our study came in 4 years ago when their children were 3 years old. Now our oldest kids are turning 7! And by the end of May, we will finish the last preschool assessments as the newer kids in our study are almost 5 1/2. In all, 306 families participated in our study, and we are thrilled that 302 of you are still part of Project 1, 2, 3, Go! We've watched your children's self-control develop over your 4 visits to our offices, and we are very grateful for your commitment to Project 1, 2, 3, Go!

Over your 4 visits to our offices, we've watched your children become more self-controlled and more sophisticated in handling the challenging situations they engaged in, and we've observed their emotional understanding grow more complicated. All of these tools will be important as your children move into their grade-school years. As you'll read about in this newsletter, the level of self-control children showed in our assessments related to the social competence and behaviors children demonstrated in school. Research is starting to show that these competencies and children's self-control also make a difference in their grade school success and beyond.

Keep a look out for contact from us in the next year or two as we hope to follow up with your families to see how your children are doing in school. We are requesting that the National Institute of Child Health and Development continue to support Project 1, 2, 3, Go! so that we can understand how children's early experiences in preschool years form the foundation for their grade-school success! Stay in touch with us, too! If you have questions, if you move and have new contact information, or if you're just curious about whether we've got the funding we're applying for, feel free to contact the project!



What is next for the Go! Team?

Since 2008, we have had over 75 different research assistants (RA's) work directly with the families of Project 1, 2, 3, Go! Here's a look at the current RAs and what they plan to do once 5-year-old assessments are complete.



Violeta

RA since Spring 2008

- Favorite part of GO: seeing the kids grow and change each time they came back
- After GO: work/try to figure out what grad program I want to do



Sydney

RA since Spring 2009

- Favorite part of GO: watching all 4 stages of the project
- After GO: PhD Clinical Psychology program at Washington State University



Jillian

RA since Spring 2009

- Favorite part of GO: getting to know our great team
- After GO: moving to San Diego and working before beginning grad school for counseling



Tammy

RA since Spring 2010

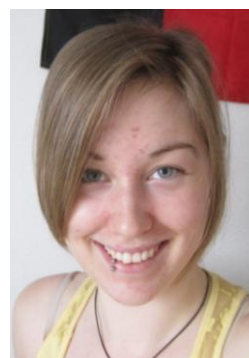
- Favorite part of GO: growing with the kids as we work together on follow-up visits
- After GO: staying in Seattle and keeping in touch with the project



Andie

RA since Fall 2010

- Favorite part of GO: meeting all our families
- After GO: continuing working with kids and adolescents on future projects



Kiersten

RA since Fall 2010

- Favorite part of GO: watching the kids' faces light up during activities
- After GO: yoga instructor for a year before grad school



JJ

RA since Fall 2010

- Favorite part of GO: meeting and talking with all the wonderful mothers
- After GO: researching family cultural conflict among Asians and competitive yo-yo-ing



Cathea

RA since Fall 2010

- Favorite part of GO: seeing the children change and grow over time
- After GO: graduating next spring with a double degree in psychology and art

Life After GO! Continued



Leanna

RA since January 2009

- Favorite part of GO: researching within the field of early childhood
- After GO: recently married and moving out of state to be with her husband Sean, who works for the US Coast Guard



Kristina

Project Coordinator since August 2009

- Favorite part of GO: meeting and working directly with families in addition to telephone and e-mail contact
- After GO: beginning the Master of Public Administration program at UW in the fall and contacting you for our follow-up!

Project 1, 2, 3, Go! Research Meets the Classroom



After your visit to the University of Washington, we get in touch with your children's teachers to find out about their pre-academic skills and how they relate to peers. What teachers have been telling Project 1, 2, 3, Go! is that the behaviors teachers see in the classroom are associated with children's effortful control during their visit to the UW. Importantly, children's increases in effortful control from one visit to the next predict school behaviors.

Children who demonstrated improvements in effortful control over time were more likely to be rated by teachers as having good social skills and fewer behavior problems. So, children's rate of developing effortful control is critical to understanding children's success in school and ability to relate to peers. This is valuable information because it confirms that strategies to improve effortful control in preschool children can improve their school success. Project 1, 2, 3, Go! has submitted this finding for publication in a research journal. This finding also highlights how important it will be to continue to study the development of effortful control in middle childhood!



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Fun Activities for Spring and Summer!

Soundbridge Seattle Symphony Music Discovery Center

200 University Street Seattle, WA 98101 (206-336-6600)

<http://www.seattlesymphony.org/soundbridge/>

- Small children's music museum affiliated with the Seattle Symphony
 - You can drop in and play with the musical instruments on display
- Best time to come is when they are running "Musical Storytelling" or "Everyone Come Drum" classes

Magic of the Mask: in Traditional and Contemporary Form

Schack Art Center 2921 Hoyt Ave Everett, WA 98201 (425-259-5050)

<http://www.schack.org>

- With a focus on cultural arts education, this exhibit features masks from Africa, Mexico, South and North America and explores the people and spirituality behind them
 - May 3rd - June 7th

Rainier Beach Play Group

Rainier Beach Family Center: 4730-32 Ave S Seattle, 98118 (206-723-1301)

<http://atlanticstreet.org>

- Enjoy free play, crafts, games, and story time!
 - Children ages 0-5
- Wednesdays, 10 a.m.-11:30 a.m. through May 30th, 2012