

Project 1, 2, 3, Go! Post



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Off to School!

It's hard to believe that the 3 year olds we enrolled in Project 1, 2, 3, Go! a few years ago are starting grade school! Here is some information about entering grade school:

The Transition to Grade School

As your child makes the transition from Kindergarten to 1st grade, there are many things you can expect to see. Not only is your child growing more mature and gaining a better understanding of his or her world, your child is now ready to take on new challenges at school. This can include reading, math, and critical thinking, as well as additional homework. Here are some things you can expect to see as your child enters 1st grade:

- More focused attention and practice following instructions
- Opportunities for teamwork
- Exploring the context of stories and making up alternative endings
- Learning how to write his or her full name, as well as simple words and sentences
- Simple addition and subtraction, and even simple fractions
- Identifying animals and classifying them into groups
- Identifying the United States as well as simple geography
- Time to enjoy recess!

What to Expect in 2nd Grade

While most kids who participated in Project 1, 2, 3, Go! are either currently in Kindergarten or 1st grade, some are already in 2nd grade! 2nd grade marks a transition from concrete to semi-concrete thinking, as children are no longer just focused on reading the words that are in front of them, but also answering questions about what they have just read. Here are some things you can expect to see as your child enters 2nd grade:

- Making inferences from what is read and predicting outcomes
- Introduction to chapter books
- Stronger focus on writing with an introduction to revising and editing
- Patterns, graphs, basic geometry, fractions, measurements, and double digit addition and subtraction
- Alternative methods for solving math problems
- Learning about maps and cultural diversity



For more information, please refer to the following websites:

<http://childparenting.about.com/od/schoollearning/a/expect1stgrade.htm>

<http://www.schoolfamily.com/school-family-articles/article/863-first-grade-academics-what-to-expect>

<http://www.schoolfamily.com/school-family-articles/article/865-second-grade-academics-what-to-expect>

Research Findings

Thanks to your participation in Project 1, 2, 3, Go! we're learning a lot about the things that contribute to children's social, emotional and academic adjustment:

Children's temperament characteristics make them respond differently to parenting: What parenting strategies work to promote social competence in preschool-age children depends on the children's own temperament or personality characteristics. For example, positive, warm interactions between mothers and children promote social competence, but especially in children who have lower self-control. This reflects how parenting every child is a unique experience!

Parents help promote effortful control in their children while their children also affect their parents: Parents who provide consistent information about expectations with the right balance of providing children with structure and independence tend to have children with higher self-control. And children with higher self-control draw more positive interactions with their parents. It takes two to tango! Parents help their children develop self-regulation skills and, as children develop these skills, they elicit different types of parenting.

Children's executive function helps with emotion regulation: Thanks to the many families who participated in the additional EEG session we were able to look at how brain activity associated with self-control contributes to emotion regulation! Children who are able to focus their attention and give the correct response when we tried to distract them during the EEG computer games also tended to feel less frustrated when they were trying to get a prize that was either locked in a box or tied in a bag. Those children's mothers also reported that the children showed lower levels of frustration at home. This suggests that the ability to control your attention and focus during difficult cognitive tasks might also translate into being better able to control emotional responses.

We have so much more to learn, including how stress affects children's developing self-control, and in turn, how self-control protects children from the stress they experience. We are applying for funding to keep following your children's development into grade school, and we are hopeful that we'll get that funding this year! Stay tuned!



Meet our New Grad Student: Melanie Klein



Melanie Klein is a new first-year graduate student in the Child Clinical Psychology program at UW. She grew up near Philadelphia and received a Bachelor's Degree from Penn State University in 2010. For the past two years, she was a project coordinator at Penn State looking at how depressive symptoms influence mothers' response to their infants. She is interested in understanding how parenting affects the development of emotion regulation in children. In her free time, she likes to read, go hiking, and watch movies. We're so excited to have you as part of our team, Melanie!

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 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! (go123@uw.edu)

As a reminder, her phone number has changed to: 206-221-1583. Also, please check out our website for more updates!



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Fun Activities for Fall and Winter!

Festival of Trees at Fairmont Olympic Hotel

- 411 University St. Seattle, WA 98101 (206) 621-1700
- November 17th - 28th : Stroll through a forest of 21 designer Christmas trees
- Sunday, November 18th 2012 from 2pm to 5pm : kids can listen to Christmas stories and enjoy complementary cookies and refreshments; silent auction for adults

Macy's Holiday Parade and Tree Lighting in Downtown Seattle

- November 23rd: Begins at 9am on the corner of 7th Ave and Pine St. in downtown Seattle
- Parade includes festive floats, costumed characters and local community groups, all followed by Santa, who will arrive at Macy's where he'll officially open Santaland for the 2012 Christmas season
- Macy's star lighting at 5pm followed by a fireworks display

Sheraton Seattle's Gingerbread Village

- 1400 6th Ave Seattle, WA 98101 (206) 621-9000
- November 23rd - January 2nd : Elaborate "Holidays Around The World" gingerbread creations by architectural firms, trade associations and hotel culinary staff
- Donations benefit Northwest Chapter of Juvenile Diabetes Research Foundation