

# Project 1, 2, 3, Go! Post



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## Project Updates

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Dear Project 1, 2, 3, Go! Families,

This newsletter comes with an update about the findings of our study so far, and some information about our efforts to continue to follow your children's development in grade school.

The valuable information your families shared with us has been helping us understand how children's self-control develops during the preschool period. We are learning how stressful situations and events, the body's response to stress, and parenting all play a role in the development of self-control. We see a sharp increase in self-control from 3 to 4½ years, which starts to taper off around 5 years or so. Our research also shows that kids who experienced more stress when the study started, were lower in self-regulation. But parenting, especially consistent and supportive parenting, predicted greater gains in self-control. This is very important information, because it lets us know that parents play a critical role in protecting their children when families are experiencing a lot of stress.

We believe it is critically important for us to understand how these early developmental processes continue into the grade-school years, which is why we hope to get funding from the federal government to continue to meet with your families in the near future. In fact, the National Institute of Child Health and Development (NICHD) agrees that this is a very important study to continue funding. Unfortunately, due to tight federal budgets, we have not yet been able to get the funding needed. At this point, we hope to have the funding to begin contacting your families later this year. Please stay in touch and let us know if you've moved ([go123@uw.edu](mailto:go123@uw.edu)). We will let you know as soon as we have news about the study's funding. We are looking forward to seeing how much your children have grown and developed!



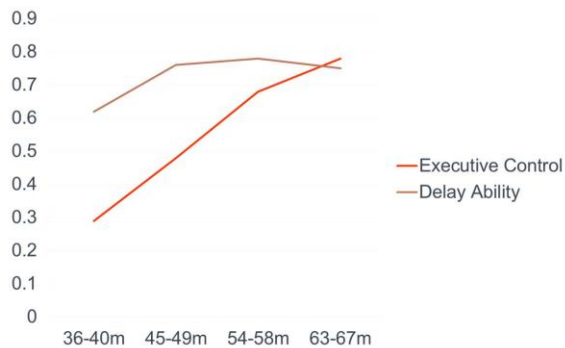
Many thanks for your continued participation in Project 1, 2, 3, Go!

Warmly,  
Liliana Lengua, Ph.D.  
Principal Investigator



## Society for Research in Child Development

The Society for Research in Child Development (SRCD) is a major international organization of developmental scientists studying children's cognitive, emotional and social development. SRCD just held its biennial meeting in Seattle, and several Project 1, 2, 3, Go! findings were presented at the conference:



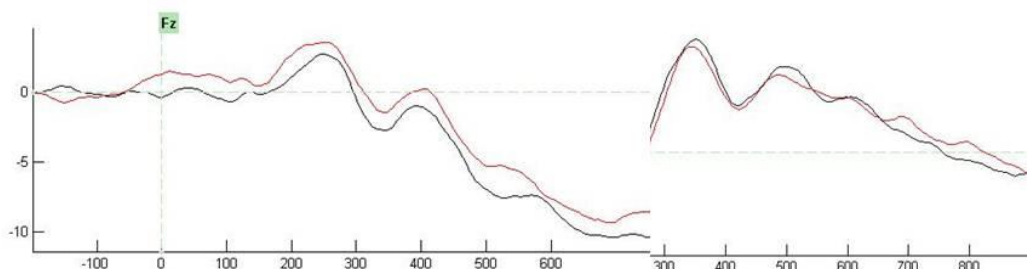
Growth patterns in effortful control.

- Dr. Liliana Lengua presented data that showed growth patterns of children's self-control and how they were related to family stress and parenting.

- Dr. Cara Kiff talked about the importance of self-control in the face of stress. Her research shows how children's physiological responses interacted with stress to predict children's adjustment. Dysregulated physiological stress responses predicted problems, but self-control was protective, so that children with higher self-control showed relatively fewer problems even when experiencing high levels of stress.

- Erika Ruberry, a graduate student working on Project 1, 2, 3, Go! studied the brain activity patterns of children who participated in the additional EEG assessment. The EEG assessment showed that children's brain activity patterns during self-control tasks were related to children's emotion reactions during the emotion eliciting tasks in which children engaged (e.g., the locked box and the jumping spider tasks).

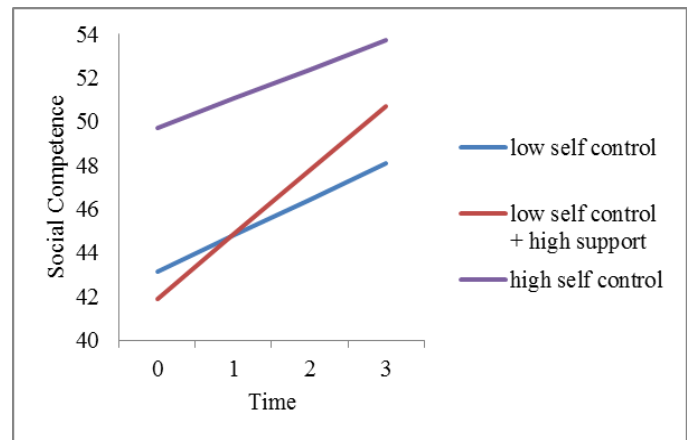
Brain activity patterns of 4 and 5 year olds during effortful control tasks.



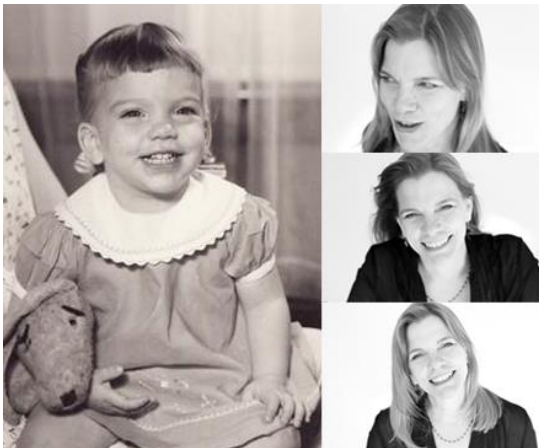
## SRCD (continued)

• Stephanie Thompson, also a graduate student, showed that both parents and children affect each other's behavior. Parents help support growth in self-control, and as children's self-control increases, parenting behaviors also change in response.

• Stephanie also reported that children respond differently to their parents depending on their emotional and self-control styles. For example, children show higher levels of social competence, even if they are lower in self-control, when parents are positively engaged and supportive.



## Free Upcoming Parenting Lecture



**Susan Kaiser Greenland**  
Author of *The Mindful Child*

**The ABCs of Attention, Balance and Compassion**

Friday, May 3<sup>rd</sup>, 2013

7-8:30pm

University of Washington

Kane Hall Room 110

Susan Kaiser Greenland, author of *The Mindful Child*, provides an introduction to the practice of mindfulness for children and young adults and its applications at home, in schools and in the caring professions. It focuses on the Inner Kids program, with age-appropriate activities that help children from pre-kindergarten through young adult incorporate the new ABCs - attention, balance, and compassion - into their daily lives. The Inner Kids mindfulness practices you will learn develop greater mind-body awareness, manage and reduce stress.

Registration is required! To register, please visit:

<http://depts.washington.edu/ccfwb/eventsregistration.html>

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## Fun Activities for Spring

### Skagit Valley Tulip Festival

- 311 W. Kincaid St. Mount Vernon, WA 98273, (360) 428-5959
- April 1-30 9am-5pm: Come enjoy the celebration of spring as millions of tulips burst into bloom!

### Seattle Cherry Blossom & Japanese Cultural Festival

- Seattle Center Armory: 305 Harrison Street Seattle, WA 98109, (206) 684-7200
- April 26-28: Explore and experience the cultural roots and contemporary influences of Japan through live performances, visual arts, hands-on activities, foods and games.
- This feast for the senses features Taiko drumming and artisan demonstrations. This year, the Festival will attempt to create a Guinness World Record with the Japanese Abacus Challenge of the Super Computer.

### Vigor Seattle Maritime Festival

- Seattle Waterfront: Pier 66 and Bell Harbor Marina
- May 11: Tug boat races begin at noon with a Chowder cook off from 11am to 5pm
- Free Wooden Boat Building for Kids, Kids Activity Center, Free Admission to the Maritime Events Center and other family fun