



Infant Development Study

Summer 2017 Newsletter

4 Year Visit



Our lab has recently added a 4 year visit to our study! This visit will resemble other visits in some regards, but also will include some new aspects. As usual, it will include a survey and saliva collection. However, it will also include

the Marshmallow/Goldfish Task (which some of you may remember from the 3 year visit). In this task, we ask your child to sit in front of a cup of marshmallow or goldfish snacks. We promise to give them another cup if they can wait for us to return to the room, and watch how long they can go without eating it. During this exercise, we watch for the way your child responds to rewards, and we look at the strategies they use to get the bigger reward (one more cup of marshmallow/goldfish). We will also observe and collect

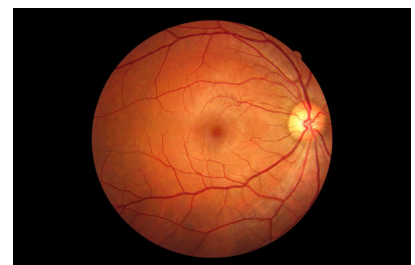
information on your child's tendency to respond to new and unfamiliar environments with discomfort or distress. In the science world, we call this trait Behavioral Inhibition, and it is believed to be a trait that is stable in kids. Remember the 1 and 3 year visit, when we observed how your little one responded to you walking in and out of the room? At this visit, we will be observing how your little one responds to an unfamiliar adult (one of us) walking in with a basket full of new toys and a robot!

We have also started taking retinal images during the 3 year and 4 year visits. The retina is a collection of tissue layers inside of our eyes. It converts the light coming into our eyes into the images that our brains receive. Retinal imaging is new way to see into the brain, maybe telling us more about how negative things, like stress or air pollution, impact a child's

growing brain, and also how positive things, like supportive and responsive parenting, can protect the brain. In the Infant Development Study, we are focused on finding lots of different ways to help us know what is happening under the skin without using anything that is invasive or scary. So our research team will work with you to see if your child can act like a pirate and find

Retinal Imaging

the little green treasure light inside the camera lens. We are also taking pictures of mom's eyes too!



YOUR CHILD AT FOUR YEARS OLD



The members of our lab truly enjoy getting the chance to watch your children grow into unique individuals. Here are some developmental milestones of 4 year olds that you may have already observed or can look forward to celebrating! Keep in mind that every baby will reach milestones at their unique pace. If you are worried or concerned about your child's development, don't hesitate to ask your pediatrician.

Motor and Movement

- Running, kicking, throwing, hopping and climbing
- Using utensils
- Brushing teeth without much help
- Standing on one foot for 9 seconds

Social and Emotional

- Enjoying making others happy
- Usually expressing anger verbally, rather than physically
- Understanding rules
- Showing some problem solving skills

Cognitive

- Understanding the concept of time
- Following two to three part commands
- Counting 10 or more objects
- Sorting by shape and color

Language

- Speaking in complete sentences
- Telling stories
- Recognizing some letters
- Recognizing familiar words

For study updates, research videos, resources, collaborations, and news events, visit <http://tulane.edu/som/bangl/>

Completed Visits

	Pre-natal: 440
	4 month: 255
	12 month: 194
	18 month: 209
	3 year: 58
	4 year: 11

Thank you all for your participation. We recognize that life can be very busy, so we appreciate you carving time out of your schedules to visit us. It has been a treat to see how much this study (and your kids) have grown. Our progress is going well, and we even have multiple families with siblings enrolled in the study!

P.S.
Oddly enough, some children don't like it when we try to stick cotton swabs in their mouths or get them to spit into tubes. If you can think of any ways to help your child through that part of the study, parental advice is always appreciated!

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