

Fall 2016



BEHAVIORAL AND NEURODEVELOPMENTAL
GENETICS LABORATORY

NEWSLETTER

Support Systems & Stress

As you may know, our lab is dedicated to learning more about the things that affect the health and wellness of children and their families.

Parental stress is one important factor we explore, because we know that raising a child can be very stressful. Our data currently shows that support systems can help families manage this stress. Specifically, moms who reported having great support systems were less likely to feel stress.



These moms also appeared less impacted by the stress they did feel. Social support can come from many different sources, such as other family members, friends, church, pediatricians, coworkers, mommy-and-me classes, public health services, and community engagement.

More resources about stress and support systems

- www.fussybabynogc.org
- www.nationalparenthelpline.org/find-support
- www.nola.gov/health-department/healthy-start/

ATTENTION ALL DADS!

Many of our babies' dads have asked if they also play a role in protecting babies from the effects of stress. We wondered the same thing! So, if you are a dad, we want you to be a part of the Infant Development Study too!

For our 18 month visit, we encourage all dads to take part in the study. 24 dads have participated already, double the number from our previous newsletter! We are looking for more so let us know if you are interested!

THE TRANSITION FROM 3 TO 4 YEARS OLD: WHAT TO KNOW

Our lab has decided to split the 36 month visit into two parts! We will invite you and your child to come in when your child is 36 months old AND 42 months old. The main reasons for this change are so that we could incorporate a greater variety of fun activities and get to see more of your child's growth and development!

Here are some developmental milestones you will start to see as your baby goes from three to four years old. Remember that every baby will reach these milestones at their own pace. If you are worried or concerned about your child's development, please reach out to your pediatrician.

Language Milestones

- Tells stories!
- Asks and answers simple questions
- Knows 250-500 words
- Knows the idea of "same" and "different"
- Talks clearly enough for strangers to understand

Cognitive Milestones

- Clearer understanding of time (for example: morning, afternoon, night)
- Can sort objects by shape and color
- Can recognize and identify common objects and pictures
- Engages in creative and fantasy play

Physical Milestones

- Can walk up and down stairs without support
- Can stand on one foot for up to five seconds
- Can catch a bounced ball most of the time
- Can bend over without falling
- Can draw circles and squares
- Can start to copy capital letters
- Can dress and undress without your help

For more information

www.healthychildren.org/English/ages-stages/toddler/Pages/default.aspx

www.cdc.gov/ncbddd/actearly/milestones/milestones-3yr.html or [-4yr.html](http://www.cdc.gov/ncbddd/actearly/milestones/milestones-4yr.html)

www.pbs.org/parents/childdevelopmenttracker/three/index.html

Social/Emotional Milestones

- Is more independent!
- Imitates parents and friends
- Cooperates with other children
- Shows affection towards family and friends
- Understands the idea of "mine" versus "his/hers"
- Negotiates solutions to encountered problems
- Shows a wide range of emotions (for example: happy, sad, bored, angry, or excited)

COMPLETED STUDY VISITS

Prenatal Visits: 411

4 Month Visits: 234

12 Month Visits: 148

18 Month Visits: 145

36/42 Month Visits: 10

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 with 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!

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