



Newsletter

STAR Update



The STAR Project is finishing up our 3 ½ year visits. We plan to have these visits completed by October 2007. We have completed 200 visits out of our goal of 300 visits. 4 ½ year visits will begin in October. We will send a letter to let you know when you will need to schedule your 4 ½ year visit.

Thank you for all your help in recommending friends who would like to participate. We are still accepting reply forms from families. If you know of any family who would like to participate please have them call Pam at 334-4574.



Meet the Staff

Pam Dover

Pam Dover is the Scheduling Coordinator for the STAR Project. She holds a BA in Psychology from UNCG and has experience in research. She taught art for two years at the Center for Creative Artist and one summer at St. Pius X Catholic School. She is currently working towards her certification in non-profit management. Her passion is art and hopes to one day work for a nonprofit dedicated to the arts or open her own art gallery for local artists.

Investigator Spotlight



Investigator Spotlight: Dr. Susan Calkins

Dr. Susan Calkins is one of the primary investigators on the STAR Project. Dr. Calkins teaches both graduate and undergraduate courses addressing research methods and child development. In her research, Dr. Calkins focuses on social and emotional development in early childhood.

Recently, Dr. Calkins published an article on caregiver sensitivity and infants in the journal of Infant Behavior and Development. In this article, Dr. Calkins examines how mothers reacted to their children at 6 and 12 months when their children were distressed by measuring the mothers' heart rate.

In addition to her work with the STAR Project, Dr. Calkins is involved with several other research projects. She is an investigator for a National Science Foundation project examining social, emotional, and cognitive development from infancy to age three. She is also an investigator for the RIGHT Track Project at UNCG (www.uncg.edu/psy/righttrack.htm). The RIGHT Track project is funded by the National Institute of Mental Health and looks at early disruptive behavior over time in children. Participants for this study are 350 children in Guilford County who have been followed from ages 2 to 10 years.

In our next issue - Dr. Esther Leerkes

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6 Habits

To help children SUCCEED

1. Keep up with your children's immunization records to protect their health.
2. Remove all hazards from your home and where your children play in order to keep them safe.
3. Give lots of hugs and compliments to show how much you love them.
4. Encourage curiosity by answering questions your children asks.
5. Talk and read together to help your child learn language.
6. Celebrate your children's successes and have fun together.

"Who Am I" Book to Make



Materials needed:

- White paper
- Magazines with pictures and family pictures
- Glue
- Pen
- Stapler

Help your child find pictures in magazines or in family pictures that describe who they are. Glue pictures to the white paper. Ask them why each picture is important to who they are and write the information at the bottom of each page. Use a drawing your child has done for a book cover and have your child name the book.

STAR Research



The STAR investigators recently published an article from the STAR pilot project. The study was completed with the help of 141 preschool children who came to the Family Research Center during 2003-2004. Children completed several games that you may be familiar with, such as labeling puppets' emotions and being frustrated by drawing green circles. The investigators found that children's understanding of emotions helped them perform better on academic tasks. Additionally, children's ability to control their own emotions helped them to interact positively with others. Thanks to your help, the STAR Project is continuing similar research to gain a better understanding of the impact of emotional and mental development on academic achievement.



Keep in touch!

You can reach us at *336-334-4574* or *visit@star4kids.org* if your contact information address or phone numbers have changed. If you move out of the Greensboro area there are still ways you can participate. Thank You!

ADDRESS CORRECTION REQUESTED

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 STAR Project
 Family Research Center

