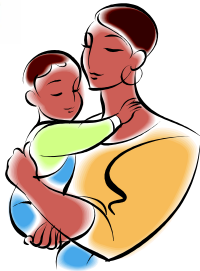




PIMACS "Thank You" Letter



Study Update

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We've been busy at the PIMACS lab! We've recently started screening at the East Ann Arbor Clinic, in addition to the efforts at Taubman. Currently, there are 60 women involved in the study. Seventy-five percent

of our subjects are Caucasian, 8% are Hispanic, 7% are African-American, 5% are Asian/Pacific Islander and 5% are multiracial. They range in age from 21-41, with an



average of 29.5 years. Since September 2003, there have been 36 babies born. Of those, nineteen are girls and seventeen are boys. Recruitment is up, and we will begin conducting our first 14 month visits in late October.

The 14 Month Visit: Meet the Research Team

We have so enjoyed being a part of your lives during the past two years! When we first met, your pregnancy was just starting to show and now your little one is moving around independently. Our last meeting will take place at the Infant Social and Emotion Laboratory in the Department of Psychology, located in East Hall on the Uni-

versity of Michigan campus. Anne Marie Lock, the 14 month Lab Coordinator, will contact you sometime during your baby's 13th month to set up a time for your visit. Lab visits will take place during the afternoons and evenings, usually after 3 p.m. And, there is a parking structure right across the street from the lab! At the visit, you and your baby will be brought to an observation room, with lots of attractive toys for the baby. The purpose of this visit is to see how your baby reacts to different people in your presence as well as when you briefly leave the room. We will also be collecting saliva samples and conducting an interview on your children's crying, sleeping and feeding behaviors at home. After the last saliva sample, the baby will be offered a small snack of juice and cookies and you'll have a chance to ask questions about the visit.

A full description of the social skills procedure will be sent to you at 13 months. You should feel free to contact Anne Marie Lock or Dr. Brenda Volling at 734-764-7379 with any questions.

The Lab is headed by Dr. Brenda Volling, Associate Professor of Psychology



Brenda Volling, Ph.D.

and PIMACS Co-Investigator. Dr. Volling's research interests focus on the social and emo-

tional development of infants and toddlers. She is particularly interested in the effects of family relationship functioning on young children's emotional and social outcomes. She has been doing research for the last several years on sibling relationships in early childhood and the role fathers play in young children's development.

Another member of the research team is Alissa Huth-Bocks, Ph.D. Alissa is a post-doctoral fellow in child clinical psychology. She cur-



Alissa Huth-Bocks, Ph.D.

rently works in the UM Dept. of Psychiatry and with the PIMACS project. She has been working with pregnant women and their babies in various clinical and research activities for over 5 years. She is also a mother to an 18-month old daughter.

We hope your baby liked the Crab Pal Rattle given at the 8 month visit. The toys were kindly offered to us at a significant discount by Discovery Toys Representative Nancy Santer. Discovery Toys has been offering families toys and games that lead to learning for over 25 years. For more information, call Nancy at 734-459-7204 or visit her website at www.discoverytoyslink.com/nancysanter.



A Parent's Guide to Choosing Safe and Healthy Child Care

More and more, research tells us that our children's healthy development depends on safe and positive experiences during the first few years of life. If you are a parent who works during these early years, choosing good child care is one of the most important decisions you will ever make for your child.

Considering these guidelines can help you find a place where you feel comfortable leaving your child.

- Ask how many children there are for each adult. The fewer the children for each adult, the better for your

child. Babies need an adult to child ratio of no more than 1:4 (one adult for four infants), while four-year-olds can do well with a ratio of 1:10 (one adult for ten children).

- Are children supervised at all times, even when they are sleeping?
- Check how long caregivers have been at the center or providing care in their homes. It's best if child stay with the same caregiver at least a year.
- How do the caregivers discipline children? (Hint: Discipline should be consistent, fair and age-appropriate.)
- Find out if the child care provider has been accredited by a national organization.

- Has the building been checked for dangerous substances like radon, lead, and asbestos?

- Have caregivers been trained to understand and meet the needs of children of different ages?

For more information, contact your local child care resource and referral agency by checking CHILDCare Aware, a national consumer education parent hotline and web delivery system, website: <http://www.childcareaware.org> or calling 1-800-424-2246, or the National ChildCare Information Center (NCCIC) website: <http://nccic.org> or calling NCCIC at 1-800-616-2242. Internet access is available at your public library.

Developmental Milestones for 10-12 Month Olds

Mental

- Responsive to own name
- Builds, stacks and disassemble
- Starts to understand phrases (like "come here")
- Wants to explore things by touching everything



Emotional

- Curiosity, exploration
- Affection
- Anger
- Fear of strangers



Language

- Says one or two words
- Imitates sounds
- Understands "no-no!"
- Responds to simple commands

Physical

- Masters crawling
- Can stand when supported
- Walks with help



Social

- Enjoys mimicking
- Feels pride (especially when praised)
- Likes games (peek-a-boo)

It is important to remember that every child is unique. Your baby reacts to people and the world in his own way, and is developing at his or her own pace.

For additional information, go to <http://www.zerotothree.org/newvisions.html> or call Early On Michigan at 517- 373-0923.

Sources:

www.envisagedesign.com/ohbaby/develop.html

<http://childdevelopmentinfo.com/development/nomaldevelopment.shtml>

http://www.zerotothree.org/dev_miles.html

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