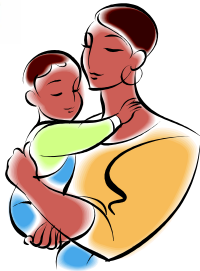




# PIMACS Newsletter



## Study Update

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### Inside this issue:

Study Update	1
The 14 Month Visit: Meet the Research Team	1
Winter Holidays and Toddlers	2
Developmental Mile- stones	2

We've been busy at the PIMACS lab! We have been screening at two clinics since May 2004, there have been seventeen babies born since early August and our first 14 month visit is rapidly approaching. Currently, there

are 69 women involved in the study. Seventy-four percent



of our subjects are Caucasian, 7% are Hispanic, 7% are African-American, 7%

are Asian/Pacific Islander and 4% are multiracial. They range in age from 22-42, with an average of 31 years. Since September 2003, there have been 51 babies born. Of those, 26 are girls and 25 are boys.

## 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. The lab is in East Hall on the University of Michigan campus.

And, there is a parking



Anne Marie Lock, BS

structure right across the street from the lab! 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. At the visit, you and your baby will be shown to an observation room containing 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 child'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.

Dr. Brenda Volling's research interests focus on the social



Brenda Volling, Ph.D.  
Associate Professor  
PIMACS Co-Principle Investigator

and emotional 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.

Alissa Huth-Bocks, Ph.D. is a postdoctoral fellow in child clinical psychology. She currently works in the



Alissa Huth-Bocks, Ph.D.

University of Michigan Department of Psychiatry and with the PIMACS project. She has been working with pregnant women and their babies after birth in various clinical and research activities for over 5 years. She is also a mother to a two year 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](http://www.discoverytoyslink.com/nancysanter).



# Winter Holidays and Toddlers

The season's hustle and bustle-- from family gatherings to photo ops with Santa -- can take its toll on any toddler (and many adults).

## To Grandmother's House We Go...

Holiday get-togethers can be the biggest social events of the year for your toddler. But make sure your hosts are ready for tot-size guests. Is the house baby proofed? Ask relatives to place potential hazards -- such as candles, mistletoe, or hard candy -- out of your toddler's reach.

Timing is another consideration. Does your traditional holiday dinner or New Year's Eve party start after your toddler's usual bedtime? A late-afternoon nap, say from 4 to 6 p.m., may give him more stamina for an evening event, suggests Stefanie Powers, a child-development specialist at Zero To Three, in Washington, D.C. "But a toddler who is particularly dependent on routines, especially regarding sleep, can get really weepy and whiny if you change his schedule."

## Santa and Other Strangers

"A family member may mean well when she swoops in to hug your child," says Lane Tanner, M.D., director of the division of behavioral and developmental pediatrics at the University of California at San Francisco. "But your toddler might see it as an attack. Young children have to be wooed."

To ease your child's fears, hold him in your arms as you enter a party room or house. You'll want to show off your darling to friends and relatives, of course, but be patient. Give him a chance to survey his surroundings first. Your newly walking child may be especially frightened at parties where all the adults are standing, so stay close to your child and at his eye level.

## Deck the Malls

Whether you plan on admiring pretty department-store windows or shopping for holiday gifts, factor in your toddler's short atten-

tion span. "It can be even shorter than usual if your child is already fatigued when you leave home," says Jane M. Foy, M.D., an associate professor of pediatrics at Wake Forest University School of Medicine, in Winston-Salem, North Carolina. December's flurry of activity is bound to wear him out even further. "He may only be able to last two thirds as long as usual between naps," says Dr. Foy, who recommends mixing short spurts of shopping with one-on-one story- or snack time, rather than one marathon trip.

If you keep your expectations realistic, it's certainly possible to enjoy holiday festivities with a toddler in tow. Your little angel will add wonder and magic to this special time of year.

From: Perrone, Janice. "Merry Little Christmas." Parents Magazine. 1 Dec. 2001. [http://parentsmagazine.com/articles/ages\\_and\\_stages/3265.jsp](http://parentsmagazine.com/articles/ages_and_stages/3265.jsp).

# 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://www.envisagedesign.com/ohbaby/develop.html)

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

[http://www.zerotothree.org/dev\\_miles.html](http://www.zerotothree.org/dev_miles.html)

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