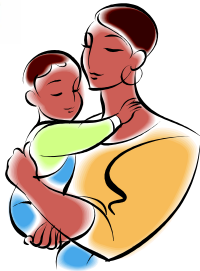




PIMACS Newsletter



Study Update

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PIMAC Study
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We've been busy at the PIMACS lab! We have been screening at two clinics since May, there have been 27 babies born since August and we started conducting our first 14 month visits in October. Five subjects have com-

pleted all study visits. Currently, there are 79 families involved in the study. They range in age from 21-41, with an average of 29.5 years. 73% of our subjects are Caucasian, 11% are Asian/Pacific Islander, 6% are Hispanic,

5% are African-American and 4% are multiracial. Since September 2003, there have been 65 babies born. Of those, 34 are girls and 31 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 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 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.



Anne Marie Lock, BS

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

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Alissa Huth-Bocks, Ph.D.

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



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

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.



Before She Starts Walking...Baby-proofing Your Home

Don't let your baby be the first to discover the hidden dangers in your home. This room-by-room walk-through will help you get there first.

Throughout the whole house:

- Lock outside doors and rooms you do not want the baby to enter. Make sure any door's inner lock can be unlocked from the outside.
- If you have firearms, lock them up unloaded and store the ammunition separately.
- Move furniture away from windows and staircases so that the baby can't climb up on them and fall out.
- Attach cords from blinds and drapes to floor mounts, or wrap them around wall brackets to prevent strangling accidents.
- Keep VCRs and DVD/CD players out of baby's reach. Babies will put their fingers, toys, food, etc. into any open slot.

- Avoid letting electric cords dangle where the baby can pull them, bringing appliances tumbling down.
- Store alcohol in a locked cabinet.

In the bathroom:

- Apply non-slip strips to the bottom of the bathtub.
- Keep toilet lids closed and install lid locks. Also, empty water from the bathtub or any pails immediately after each use.
- Always close the bathroom door when filling up the bathtub.

In the nursery:

- Set the mattress at its lowest position, so the baby cannot accidentally fall or climb over the railing.
- Remove crib bumpers and any objects large enough for the baby to use to climb out of the crib.

- Check that toy chests have holes for ventilation and a locking mechanism to keep the lid in an upright position.
- Position the crib away from the window and make sure that curtains, blinds, the cords used to operate them, and any other wall decorations are not within your baby's reach.

In the kitchen:

- Remove the knobs from your stove when you are not using it, if possible, and store them out of the baby's reach.
- Do not keep a towel on your oven door. Baby can use it to pull himself up and then will hold onto the open oven for support.
- Put safety latches on cabinets.

From: PIMACS staff, www.Parenting.com and http://www.hndweb.com/healthclicks/9_babyproof/index.htm

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



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



Emotional

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



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/normaldevelopment.shtml>

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

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