

Recruitment

We are happy to say that we finished recruitment this past summer! We would like to thank each and every one of you for your participation and dedication toward the study!



Managing Emotions

The purpose of our research is to learn more about how early experiences influence the developing brain and impact well-being. We study adaptive facets of emotion during the first two years of life.

Emotion	Adaptive Purposes	What we've learned
	<p>A tool for social communication.</p> <p>Evolutionarily, the social smile is thought to be necessary for socioemotional development.</p>	<p>Positive affect generally increases with age; our research showed a normative increase from birth to 36 months of age as infants strengthen caregiver bonds.</p>
	<p>Distress to blocked goals or loss.</p> <p>Often involves bids to caregivers for comfort and protection.</p>	<p>Sadness behavior is generally stable over time; however, our research showed a normative increase in sadness from 6 to 12 months of age as infants learn to express needs and preferences more effectively.</p>

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 R. Davidson, Ph.D.

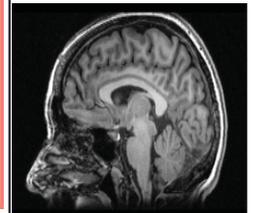
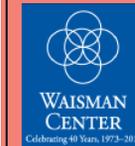
Collaborators:
 UW Dept. of Psychology
 UW Dept. Psychiatry
 Waisman Center

Feature Article:

*The Importance of
 Questionnaires*



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Center for
healthyminds
 UNIVERSITY OF WISCONSIN-MADISON

Research Update

Dear families,

It brings me joy to report that we reached important milestones this fall! The last baby in the study was born and the first babies in the study celebrated their second birthdays. Over 150 1-month-old scans were collected and that portion of the study is complete. Several families have already completed our 2-year-old behavioral and neuroimaging sessions. Your enthusiasm for this research warms my heart. Indeed, we share a deep curiosity and love for what children teach us every day. This research has already begun to yield new knowledge about the nature of early individual differences and the ways in which very young children demonstrate resilience and adaptability. Our study is the first to capture and relate very early neural markers of resilience and rich observations of emotion-related behaviors. Your parent surveys are crucial for building a meaningful interpretation of our lab-based observations. Each survey you complete adds an important piece to the scientific story. Most studies only include one or two types of measurement. Not only do we collect a wide array of measures, we also repeat many measures to study important change. The first two years of life are a time of considerable change to say the least! We have experts working together to align brain with behavioral data. One of our lead neuroimaging scientists, Doug Dean, has a whole new appreciation for this science as the new father of twin boys! We expect peer-reviewed publications will be available in the next several months. We look forward to sharing those results with you.

Warmest wishes,



Richard J. Davidson,
William James and Vilas Professor of Psychology and Psychiatry
Founder, Center for Healthy Minds

Fun Facts

The average toddler takes 176 steps a minute!

Babies can count before they learn to talk. One study found 1-year-olds are able to identify larger and smaller quantities as well as conduct simple subtraction, all without any math lessons or terminology!

Babies have three times as many taste buds as adults!

24 Month MRI Update

As of this writing, we have acquired scan data with 9 of the 10 toddlers! So we've had some great success with MRI during sleep at this age. Below we share a bit about the toddler imaging sessions.

To optimize natural sleep, the 24-month-old MRI visits occur around your child's typical bedtime. We schedule the visits so you can arrive after you have done most of your bedtime routine and finish at the Waisman Center, or you may arrive a little earlier and do a little more of your bedtime routine here. Visits are customized to optimize your child's comfort to help them fall asleep. That being said, we understand that most children will take longer to fall asleep so visits take some patience and flexibility!

We are also aware that there may be others who play an important role during the bedtime routine. If fathers, partners, nannies, or other important caregivers play an important role in your child falling asleep, they are more than welcome to attend the visit too. We have found that if they play a large role at bedtime, visits are more successful if they attend too. But more than anything, patience is key with these visits. So while it makes for a later night, we have had quite a bit of success with imaging 2-year-olds!

Will and Corrina will be working with you to schedule the visits, and will be with you during the visits. Will completed his Masters of Science in Clinical Mental Health Counseling, and has research experience working with heart rate variability, blood glucose, and MRI. Corrina has over 12 years of experience in the lab, and has worked with EEG, MRI, and other physiological measures. She also has volunteered as a doula for over 14 years. We look forward to continuing working with you and seeing you at these visits in the future.



Corrina Frye



Will Wooten

Featured Research

The Importance of Questionnaires

Researchers often use multiple methods to collect data throughout the course of a study. The variety of assessments we use all serve the goal to improve the understanding of human behavior.

No one knows your child better than you. Parent surveys are crucially important for understanding you and your baby's lives. Family life with an infant is different for everyone. Some families are experiencing parenthood for the first time and others have other children. Some families settle into life together with lots of challenges and others settle in without a lot of challenges. Life with infants and toddlers demands so much, families undoubtedly experience considerable and often consistent change; many of the questionnaires during your online assessments are repeated so that we capture features of stability and change as your child grows.

Your surveys help us understand your child's life more generally and assess important factors that cannot be measured in the lab. The behavioral visit provides a snapshot of your child's typical behavior in everyday situations. For example, the Jack in the Box activity captures your toddler's intensity of surprise. We collect saliva samples from you and your child to capture biological stress and better understand how your home life relates to observed behavior.

Each questionnaire, sample, and activity was carefully selected to add scientific value to our research questions. We designed the study with flexibility to accommodate family schedules. Although online questionnaires can be accessed 24/7, most people find it helpful to schedule a block of time to complete the survey assessment in the same way they schedule other appointments. We greatly appreciate your time and effort.

Contact Us

Help us keep our records up to date. Please email or call us with your current telephone number/s and address.

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