

S.E.L.F.-REGULATION LAB NEWSLETTER

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Outline

Latest Research News

- Melissa's paper & presentation
- Maddy's paper & presentation

Latest Community Events

- The Lotus House: Children's Village Summer Treatment Program
 - Meet the 2023 Lead Counselors!
- SELF Regulation Lab Enrichment Fund



Message from our director

Hello families!

As this academic year comes to a close, we want to provide an update about what the S.E.L.F.-Regulation Lab has been up to.

The AHEAD grant has officially ended. We want to thank all of the families who participated in the AHEAD Study (ADHD Heterogeneity of Executive Function and Emotion Regulation Across Development). Thanks to the grant, the S.E.L.F.-Regulation Lab was able to train over 250 counselors, teachers, therapists, and research assistants and served over 350 families. Although the lab is wrapping up this study, we are still providing services to families through the STP PreK program and Parent-Child Interaction Therapy (PCIT).

The S.E.L.F.-Regulation lab loves to hear from our families. Please keep us updated on what you've been up to! With your permission, we would like to highlight the amazing things our families are up to on our lab Instagram page. You can contact us via email, phone, or Instagram direct messages with your children's amazing accomplishments.

We hope that you all have a strong end to the school year and enjoy your summer!

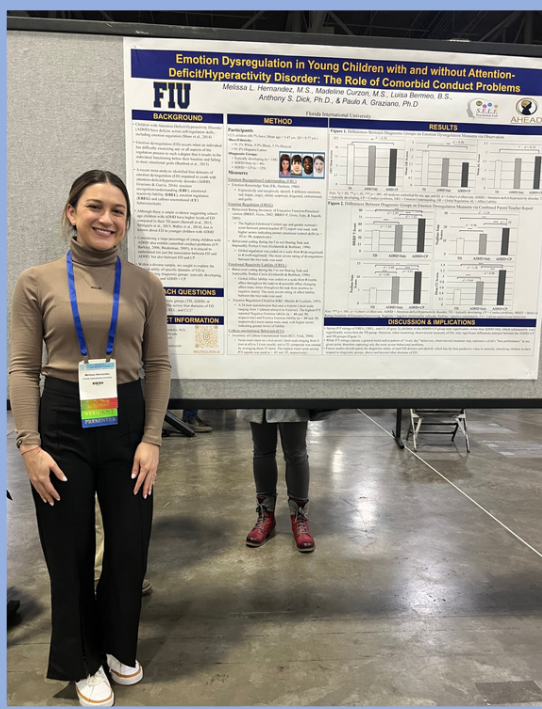
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LATEST RESEARCH NEWS

Third-year doctoral student Melissa Hernandez and second-year doctoral student Maddy Curzon presented their research at the Society for Research in Childhood Development in Salt Lake City, Utah.



See the poster presentation [here](#)

Emotion Dysregulation in Young Children with and without Attention-Deficit/Hyperactivity Disorder: The Role of Comorbid Conduct Problems

Research Question: How do typically developing (TD) children, children with ADHD, and children with ADHD plus conduct problems compare in their emotion dysregulation?

Method: Parents and teachers completed surveys regarding children's emotion regulation. Children complete several tasks to evoke different domains of emotion dysregulation: emotion recognition/understanding, emotional reactivity/lability, emotion regulation, and callous-unemotional behaviors/traits.

Results: According to parent and teacher surveys, children with ADHD and conduct problems demonstrate greater emotion dysregulation compared to children with ADHD only and TD children.

Take-Away: The high rate of comorbid conduct problems among children with ADHD may be explained by poor emotion regulation skills.

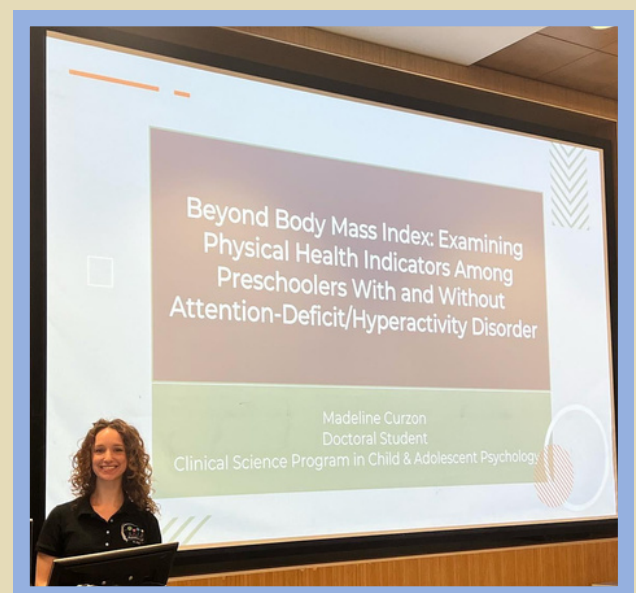
Beyond Body Mass Index: Examining Physical Health Indicators Among Preschoolers with and without Attention-Deficit/Hyperactivity Disorder

Research Question: How do young children with ADHD compare to typically developing (TD) children in their body composition and physical health behaviors?

Method: Parents completed a survey regarding their family's health behaviors and provided three 24-hour food recalls. Children were measured for height and body composition, performed a fitness test, and wore an activity belt for 1 week to measure physical activity.

Results: Children with ADHD were more likely to have an overweight/obese BMI. Although children with ADHD exerted more energy daily, they consumed more calories even when adjusted for their weight and energy exertion. Children with ADHD also performed worse on the fitness task.

Take-Away: Those with ADHD may be at greater risk for developing obesity due to physical health behaviors early in childhood.



See the poster presentation [here](#)

LATEST COMMUNITY NEWS

Children's Village at Lotus Village



In April, Dr. G and his student Maddy attending the groundbreaking event for the Lotus House's Children's Village. Dr. G has collaborated with the Lotus House for six years. His work includes providing training and supervision to mental health therapists providing services to homeless mothers and their children. The new Children's Village will include nearly 39,000 square feet dedicated to education, physical and mental health services for homeless children in Miami-Dade. We look forward to continuing our collaboration with the Children's Village!

Dr. G also completed the lab's 100th publication!

Early Intervention For Families Experiencing Homelessness: A Pilot Randomized Trial Comparing Two Parenting Programs

Dr. G and colleagues (2023) found that Parent-Child Interaction Therapy (PCIT) and Child-Parent Psychotherapy (CPP) were both effective in reducing children's posttraumatic stress, parental stress while increasing maternal positive verbalizations. PCIT improved children's externalizing behaviors and reduced maternal negative verbalizations. This study highlights the benefits of using evidence-based interventions to help those families experiencing homelessness. You can read the full article [here](#).

Meet the STP-PreK & Kindergarten 2023 Lead Counselors!



Sam

Fun Fact: She loves going to the beach and reading a good book!



Gloria

Fun Fact: She was professional figure skater for 9 years!



Paola

Fun Fact: She is a certified welder!



Eva

Fun Fact: She loves baking! Her favorite things to bake are scones & sourdough bread.

We are excited to announce the launch of the

SELF Regulation Lab Enrichment Fund



Children and families face various challenges as it relates to School Readiness, Early Intervention, Learning, and Fitness (S.E.L.F.). The purpose of the SELF-Regulation Lab is to address these challenges, and through gifts made to the SELF-Regulation Enrichment Fund, the Lab will be able to cover community programming costs. The Fund will support any of the following, among other needs as they arise: scholarships for FIU students, cover participation costs for low-income families for in Lab educational activities, awards and recognition, parenting workshops, toys and other materials and supplies, professional development, training and travel costs, rentals, meals and refreshments, and/or other awareness or advocacy activities that help advance the Lab's mission.

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