



# PANTHER NEWS



## MESSAGE FROM THE DIRECTOR

PAULO GRAZIANO, PH.D.

Dear Families,

I want to acknowledge the continued efforts of all parents, grandparents, and guardians in these difficult times. No one could have predicted how the school year has gone thus far. Whether you made the decision to continue virtual learning or to start in-person learning we praise your ability to adapt and best support your child.

Although many of us are still unsure of what the future will bring, we look forward to working with our many families and supporting their growth. Finally, we would like to give a special shout out to all of our families that include teachers and first responders! We are grateful for your dedication.

### REMINDERS!

- The Parent Child Interaction Therapy (PCIT) Program at FIU is offering booster sessions for returning parents! Contact our Coordinator: Cassandra Cardenas at # or [cascarde@fiu.edu](mailto:cascarde@fiu.edu)
- We will be contacting families to complete 2 year and 1 year follow-up visits this Fall and Winter. Our Grant Coordinator Sarah will be calling to schedule. The \$200 Amazon Gift Card will come in handy for the holidays!

*"We are here to help you and your family learn and grow during these difficult times."*

*-AHEAD Staff*



#### CONTACT/ FOLLOW US:

Email: [selfreg@fiu.edu](mailto:selfreg@fiu.edu)  
Phone: Sarah Gearhart  
(443)-305-8493

Twitter:

@GrazianoLabFIU

Instagram:

@selfregulationlab

Facebook:

[facebook.com/  
selfregulationlab](https://www.facebook.com/selfregulationlab)





# FALL RESOURCES



## PARENT CHILD INTERACTION \ THERAPY (PCIT) SERVICES

## COVID-19 RELIEF

- **Pocket PCIT: A Parent Child Interaction Therapy Resource for Parents** By Jason Jent PhD
  - <https://itunes.apple.com/WebObjects/MZStore.woa/wa/viewBook?id=933980011>
  - Free on Apple Books
- **Assistance for Teachers and First Responders**
  - The S.E.L.F. Reg Lab is happy to offer free support sessions to families who are impacted by the pressures of being a first responder/teacher during this pandemic.
  - Please contact us to set up an appointment!
- **Food Distribution Events in Miami-Dade County**
  - <https://www.miamidade.gov/global/initiatives/coronavirus/assistance/food.page>
- **Talking to Kids about the Coronavirus** by Roasanna Castro
  - <https://news.fiu.edu/2020/talking-to-your-kids-about-coronavirus>
- **Balancing Parenting and Work During a Pandemic: A Webinar** by Dan Bagner
  - <https://www.youtube.com/watch?v=kOR41fo4UIY&t=4s>
- **Grief Help for Children: Responding to Change and Loss**
  - <https://childrengrieve.org/>



# RESEARCH NEWS

## TREATMENT RESPONSE AMONG PRESCHOOLERS WITH DISRUPTIVE BEHAVIOR DISORDERS: THE ROLE OF TEMPERAMENT AND PARENTING

By Dr. Paulo Graziano

- This study examined how children's temperament (negative affect, effortful control, and surgency or exuberance) and parenting practices relate to symptoms of attention-deficit/hyperactivity disorder (ADHD) and oppositional defiant disorder (ODD) before and after our 8-week early intervention program (i.e., Summer Treatment Program).
- As it relates to temperament we found that:
  - Higher surgency (children displaying high levels of exuberance) displayed greater symptom severity of ADHD/ODD before and after our intervention.
  - Higher negative affect (children displaying sadness/anger/frustration) displayed greater symptom severity of ODD ,
  - Higher effortful control (i.e., children displaying better self-control skills) displayed lower symptom severity of inattention before our intervention.
- This article also shows the importance of positive and consistent parenting practices as we found:
  - The impact of negative parenting behaviors on severity of ODD only seemed to occur in children with a temperament style of high exuberance.
  - Positive parenting predicted lower symptom severity of ADHD/ODD after our intervention.
  - Most importantly, parents who increased their consistency as it relates to their discipline practices reported the greatest improvements in their children's ADHD and ODD symptoms after our intervention.
- **Take home message** is that while your child's temperament may contribute to their ADHD and ODD symptoms, parents play a key role in helping to manage these symptoms by increasing positive parenting and consistency when disciplining.

# RESEARCH NEWS

## HOW MUCH AND WHAT: USING BUFFET TO DETERMINE SELF-REGULATION OF FOOD INTAKE AMONG YOUNG SCHOOL-AGE CHILDREN

By Dr. Catherine Coccia

- This study examined self-regulation of food intake among children after children were presented with an unlimited lunch buffet that included a variety of food choices.
- What happened in the study:
  - Children were first asked to drink either a high or a low energy juice drink and then eat at an unlimited buffet.
  - At the buffet children were provided with both healthy and unhealthy food choices. Children were allowed to eat whatever they wanted and as much as they wanted.
  - Children completed this task two times within a two-week period
- Results of the study showed that overall children were able to self-regulate food intake and adjust their calorie intake in response to energy content of the juice drink. However, there was a significant difference between self-regulation in normal weight vs overweight/obese children with normal weight children being better able to self-regulate their energy intake.
- In addition, overweight/obese children consumed a higher amount of calorie dense food items including pizza and cookies after the high energy pre-load drink whereas the calorie content of the preloads did not seem to change the food preference of normal weight children.
- **Take home message:** Our findings support differences between the amount of self-regulation between normal and overweight/obese children as well as the items they select in order to compensate. Parents can encourage healthy eating in children by offering a variety of healthy food choices, modeling healthy eating behaviors and engaging in family meals together.

