

# Virginia Tech Child Study Center Newsletter

January/February 2024

## Resources for Families

### Parenting Anxious Kids What is Anxiety and What Can You Do to Help?



Join this webinar hosted  
by the Association for  
Behavioral and Cognitive  
Therapies Parenting &  
Families Special Interest  
Group



**Dr. Regine Galanti**

This webinar will be presented by  
Regine Galanti, PhD.

Dr. Galanti is a licensed psychologist  
who specializes in treating anxiety,  
OCD, and behavior problems in children,  
teens, and adults. She is an expert in  
Cognitive Behavioral Therapy (CBT) and  
Parent-Child Interaction Therapy (PCIT).  
Dr. Galanti is the founder of Long Island  
Behavioral Psychology, a therapy  
practice in Nassau County, Long Island.

Join us for a **FREE** 1-hour  
parenting workshop!

#### You will learn...

- What anxiety is, how it works, and how it might show up in kids from preschool to college
- The unique challenges of parenting when your child is struggling with anxiety
- Four ways that parents may inadvertently be making anxiety worse
- Practical ways you can help your child's anxiety

**Wednesday, February 7, 2024**

**12:00 PM to 1:00 PM ET**

Register at the link below or scan the code

<https://forms.gle/BnFeqYX7RJ63bgieA>



### 9 Things to do This Winter to Boost Your Child's Development

Winter is a great time to support your child's development! These activities can help you to boost and support your child's development during the winter months!



### Parent & Caregiver Resources for Virginia Assessments

## ON OUR SLEEVES<sup>®</sup>

The Movement for Children's Mental Health

### Virginia Mental Health Resources for Children

## JOIN US!



### Sesame Workshop and APA – Healing Little Hearts: Helping Young Children to Navigate Grief



# Ongoing Research Studies

## Have a child between 2-12 years?

CONCERNED ABOUT THEM DISPLAYING BEHAVIOR PROBLEMS SUCH AS HYPERACTIVITY, TANTRUMS, NON-COMPLIANCE, AGGRESSION, OR RESISTANCE TO CHANGE?

### Consider enrolling in our new research study (IRB #23-261)

This study will assess the feasibility, acceptability, and benefit of the Treks App used in combination with clinician-delivered behavioral therapy as part of a stepped-care model for reducing child behavior problems and increasing parents' feelings of competency in supporting youth behavior.



If you would like to learn more about the study, please contact us at [vtautismcenter@vt.edu](mailto:vtautismcenter@vt.edu) or 540-231-8747



## Calling All Youth Who Are Passionate About Mental Health

Virginia Tech's Child Study Center is recruiting middle and high school students in the New River Valley and Roanoke communities to serve on our Youth Advisory Board! The Board is being created to elevate youth voices and contribute to Child Study Center programming, including helping develop online mental health resources for teens.

Advisory Board members will receive training in communication skills and mental health knowledge. Members will receive \$25 per hour for time committed to training and meetings (about \$125 per year).



### Youth Advisory Board members must be:

- Enrolled in middle or high school in Southwest Virginia
- Passionate about mental health
- Interested in partnering with other youth in the community
- Available for twice annual, 2-hour meetings (hybrid format)



Complete our application at: <https://redcap.link/sblkdkt> or use the QR code.

Questions? Contact us at [childstudycenter@gmail.com](mailto:childstudycenter@gmail.com).

Youth Advisory Board members will be announced in late February, 2024.

Parents/guardians of selected members will be invited to engage in our Parent Advisory Board.

## Online Program for Asian Pacific Islander Desi American Parents of Preschoolers



You and your child (ages 4-6) will complete a program over Zoom focused on teaching behavioral skills to preschoolers

Your family will receive up to \$50 for your time

Contact Delshad Shroff at [dshroff@vt.edu](mailto:dshroff@vt.edu)

IRB 23-216

## Looking for baby scientists!



Do you have a baby under 12 months old?

Come join a C.A.P. Lab research study!



NOW ENROLLING 18 & 24 MONTH OLDS

# iLEAP LAB

infant Language Environment Attention and Parenting

Department of Psychology at Virginia Tech (Williams Hall)



Scan this QR code for the two studies above and one to the right



DO YOU HAVE AN ADOLESCENT WITH ADHD AND POOR EMOTION REGULATION? ARE YOU INTERESTED IN HELPING YOUR CHILD BE BETTER ABLE TO SELF REGULATE?

Click on any of the images above for more information on that study!