

# Virginia Tech Child Study Center Newsletter

## Resources for Families



### GOOD ENOUGH *Parenting*



**Free 1 Hour Workshop for Parents and Providers**  
**with Dr. Tim Cavell & Dr. Lauren Quetsch**

**Wednesday, September 20 at 12pm ET**

### NIMH Resources on Child and Adolescent Mental Health



#### Five Ways to Support Your Child's Mental Health



Practice gratitude together

Cook healthy meals together

Practice mindfulness together

Help your child get enough sleep

Exercise together



**FOR  
PARENTS**



**BACK TO SCHOOL**

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+5  
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School is almost back in session! Check out PBS Kids For Parents - Back to School resources, which explore different topics, such as coping with back-to-school anxieties and emotions, creating daily routines, and tackling common situations that arise with the start of school.

## Have a child between 2-12 years?

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

### YOU AND YOUR CHILD CAN HELP

THE VIRGINIA TECH AUTISM CLINIC &  
CENTER FOR AUTISM RESEARCH  
LEARN MORE ABOUT

*teleassessment*

Online Program for  
Asian Pacific Islander Desi American  
Parents of Preschoolers



### CHILDREN & ADOLESCENTS NEEDED FOR A VIRGINIA TECH RESEARCH STUDY

IRB # 23-324

**AIM:** to study the relationship between physical activity level and the total number of calories expended each day

## ARE YOU CONCERNED ABOUT YOUR ADOLESCENT'S EATING?

RESEARCHERS AT VIRGINIA TECH ARE  
CONDUCTING A STUDY TO BETTER  
UNDERSTAND EMOTIONS, EATING  
BEHAVIORS, AND MENTAL HEALTH IN  
ADOLESCENTS.

### WANT TO BETTER UNDERSTAND HOW YOUR CHILD IS DOING SOCIALLY AND EMOTIONALLY?

Virginia Tech's department of psychology is inviting children ages 9-15 and their families to participate in a research study focused on how parents can help foster more positive development of social and emotional competencies as children grow.



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