

# Virginia Tech Child Study Center Newsletter

## Mental Health and Wellness Resources for the New Year



**Help your kids get more physical activity this year!**

Kids need 60 minutes of activity every day. Use this tool to find ways to fit more activity into their day.



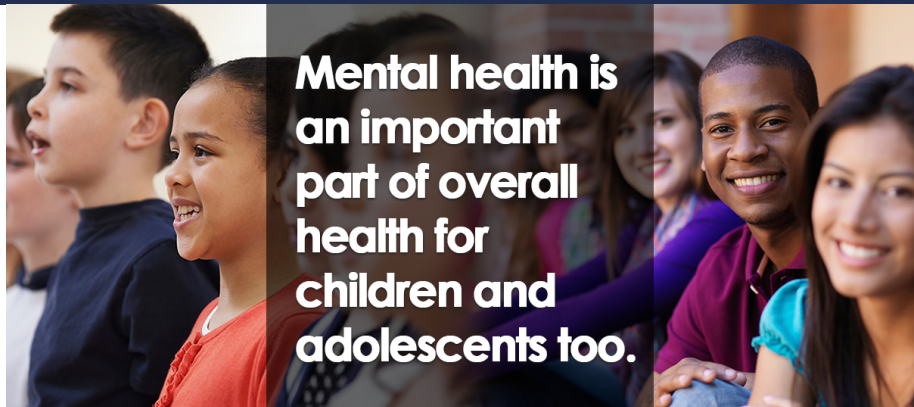
**How to Support Young Kids Who Are Struggling in School**

Boosting self-esteem and frustration tolerance will help them stay positive



**Healthy Sleep Habits for Older Children and Teens**

Sleep problems are common among many children and teens and can affect their focus at school and home; it can also affect their mood, behavior, emotional health, and weight.



**Mental health is an important part of overall health for children and adolescents too.**



[www.nimh.nih.gov](http://www.nimh.nih.gov)

Know how to **help children and adolescents cope** with disasters and other traumatic events.



[nimh.nih.gov/copingwithtrauma](http://nimh.nih.gov/copingwithtrauma)

### Children and Mental Health

Is this just a stage?

**Know when to seek help for your child.**



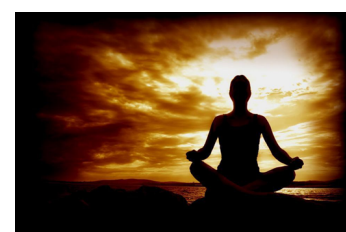
[www.nimh.nih.gov/children](http://www.nimh.nih.gov/children)

# Ongoing Research Studies



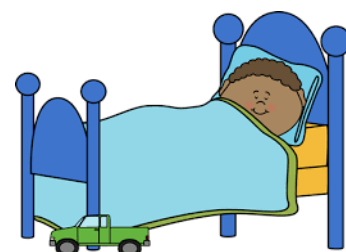
**Do you have a child who is 3-6 years old? Are you from a White, Black, or Latino background? Do you want to help inform an intervention to support children's early development to promote better social-emotional outcomes?** If so, the CALMER Lab at Virginia Tech invites you to participate in a research study focused on understanding parent emotion socialization practices during early childhood (IRB #21-857). You will be asked to complete a brief ~30-minute online survey about your parenting practices and beliefs, and information about your child's emotions and behaviors. Please contact the CALMER Lab at [calmerlab@gmail.com](mailto:calmerlab@gmail.com) for more information about the study and/or to receive the survey link to participate.

**Does your teen (12-17) struggle with social anxiety?** The Virginia Tech Department of Psychology is conducting an online study of mindfulness-based treatment for teens who struggle with social anxiety (IRB #21-585). The study is done completely online and involves a 4 to 6 week mindfulness program. Teens must not currently be undergoing therapy for anxiety and must have access to an iPhone, iPad, or Android device to participate on the App. Please email [HokieMindfulness@gmail.com](mailto:HokieMindfulness@gmail.com) for more information and to schedule a telephone or Zoom call to ask questions about your teen's eligibility.



**Are you between the ages of 15-25? Interested in contributing to psychology research?** The CALMER Lab at Virginia Tech invites you to participate in a study on identity development, emotion regulation, and psychological well-being in individuals with ASD, ADHD, and neurotypical controls. Participation involves a brief <20 online minute survey about your emotions and behaviors. Please contact the CALMER Lab at [calmerlab@gmail.com](mailto:calmerlab@gmail.com) for more info.

**Do you have an autistic child aged 3-12 years who has not started a new medication in the past month?** If so, you may qualify as a participant in a research study being done by Cleveland Clinic that involves an assessment to learn more about sleep. Assessments can be done online or in person and take 3-4 hours over two sessions. For more information, please contact Leah Barto at 216-448-6382 or email [autismresearch@ccf.org](mailto:autismresearch@ccf.org).



**Want to better understand how your child is doing socially and emotionally?** The CALMER Lab at Virginia Tech is conducting a research study for children and adolescents (ages 4-15) and their families (IRB #19-834). This study focuses on how parents can help foster more positive development of social and emotional competencies as children grow. Please note they are no longer recruiting for 5 and 8 year olds. If you would like to learn more about the study, please contact the CALMER Lab at [calmerlab@gmail.com](mailto:calmerlab@gmail.com) or 540-231-3514.

**Click on any of the links above for more information on the study!**