

Virginia Tech Child Study Center Newsletter

November/December 2023

Upcoming Parenting Webinar



Hosted by the ABCT Parenting & Families Special Interest Group

Simple Steps to Help Your Child Sleep Better

Learning Objectives

1. Identify sleep needs across development
2. Better understand common sleep concerns
3. Better understand the role of melatonin
4. Skills to improve sleep concerns

Wednesday, December 6
12:00-1:00 PM ET

Presented by
Dr. Pamela Swift



Clinical psychologist specialized in treating insomnia and sleep disorders

Register at the link below
or scan the QR code
<https://forms.gle/2ieNKfAxKqHEU7bh8>



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?



VIRGINIA TECH LEARN LAB: *Connecting Math and Reading*



How are math skills and vocabulary skills connected in elementary school?



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

Online Program for
Asian Pacific Islander Desi American
Parents of Preschoolers



ARE YOU A TEEN ON THE
AUTISM SPECTRUM?

HAVE YOU BEEN TO THERAPY?



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!