



PALS NEWSLETTER

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PALS Scheduling Line (412) 246-5656

Visit our Website www.youthandfamilyresearch.com



Study Update ~ August, 2012 marks the 13th anniversary of the PALS Study.

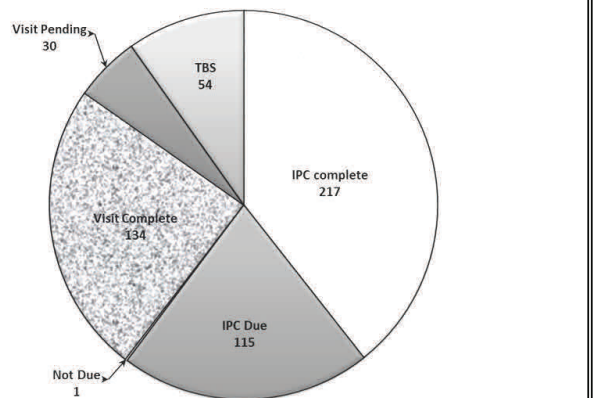
Beginning in 1999, 604 young adult participants were enrolled in the study. In the past several months, we have enrolled an additional 10 young adult participants. To date, 570 of the 614 enrolled remain as active participants, or 93%. Our work year, or data collection "wave" runs from November 1- October 31st. For the current wave, we proposed to either interview or complete phone contacts with 93% of these active participants.

Of the young adults—237-- who are eligible for a visit this wave, 140, or 60% have already been completed and another 26 are pending (visits have been scheduled or questionnaires have been mailed out to the participant). We have completed 217 of the 332 interim phone contacts (IPCs) proposed for the year, or 65%.

Close to the first of each month, letters are sent to those participants who are due for either a visit or a phone contact—if you receive a letter and are interested in scheduling, please call the PALS line at 412-246-5656. NOTE TO PARENTS: we will delay scheduling your visit until after your son or daughter's interview has been completed.

PALS Progress:

11/1/11– 10/31/2012



Positive Parenting



Congratulations to the 121 of our Young Adult participants who are now parents! The 213 children they are raising range in age from infancy to young adulthood. We are sure you have found that children can bring both joy and frustration.

As many of you know, the history of our Youth and Family Research Program includes working with many parents over the years to help them achieve their goals of being successful parents. We would like to share some of the tips that we, many parents, and many other providers have found to be helpful when raising children.

We often think of discipline as punishment, but a better definition of the word is "teaching." Thus, effective discipline is often also called "Positive Discipline." As parents

Parenting Strategies and Tips ~ busy with work and life's

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distractions, it is important to remember that what we are trying to teach is not just to follow our rules and obey us as parents. In the long run, our goal is to teach our children to be safe, healthy, independent, and considerate of others. We want them to learn to make good choices and use good judgment. The shift to thinking about discipline as helping our children reach long term goals requires us to consider the way we handle misbehavior on a daily basis.

It helps to plan ahead and be prepared before the misbehavior starts. The first step in managing negative behaviors is to look for ways to prevent them. Teaching a child to stay in control can take some effort, but is easier than teaching them to gain control or make amends once they have lost it.

Schedule: It is not necessary to have a rigid schedule, but it is helpful to keep a loose routine that is followed consistently. This avoids some common pitfalls. Children are more likely to misbehave when they are hungry, tired, or uncertain about what to expect next.

Medication: If your child takes medication of any sort, be sure to provide it as prescribed on a regular schedule. Missed doses or inconsistent timing can affect a child's behavior.

Environment: Try to make your home child friendly. Keep things that are dangerous or breakable out of reach. Keep toys and activities that the child can use independently organized and accessible. Activities that might be dangerous or messy should be kept out of reach so they can be used only with supervision.

Expectations: Get to know the developmental milestones for your child's age level. Remember that children develop at different rates, so be careful not to compare your child to other children. Remember that every child is different and what works for one might not work for another. You can read about some developmental milestones for ages 0-5 here <http://www.cdc.gov/ncbddd/actearly/milestones/>

Clear & simple: Along with the other caregivers in your child's life, develop a set of rules that are developmentally appropriate. Pick just a few rules that are the most important for your family. You can add new rules once your child has mastered these.

Boredom: Keep a bag of quiet toys handy that you can use to keep your child busy while you make important phone calls or when going out to restaurants, appointments, etc. Rotate toys occasionally so they continue to hold your child's interest.

Limited choices: Even young children like to have some control over their day. Giving them choices between two acceptable alternatives can help avoid power struggles. "Would you like an apple or orange for your snack?"

Transitions: Give a warning before one activity ends and then next begins. "In five minutes, it is time to turn off the television and brush your teeth." Or "When we are finished with our snack, it will be time to put our shoes on." Use When... then: When you have finished putting on your coat, then we can go to the park.

Redirection: Giving a child an alternative, acceptable behavior is often helpful. If a child is throwing blocks, you can give him a ball and tell him, "Blocks are for building, balls are for throwing."

Focus on the positive: Focus on what you want the child to do. Instead of saying "Stop running." Try "Walk." Remind them before a new situation how they will be expected to behave.

Modeling: If you want your child to be honest, respectful, etc., then set a good example to them. Children learn by watching us- despite what we tell them.

These are but a few of the "tips of the trade" for parents that we hope are helpful. Many of these specific strategies, or the principles on which they rest, are part of tried-and-true research-supported strategies. We list some websites below where you can read more about these strategies.

**PARENTING
INFO
ON
THE
WEB**

<http://www.pitt.edu/~toddlers/ESDL/plinks.html> - offers links to parenting sites on topics ranging from discipline to education and health.

<http://www.oed.pitt.edu/You-and-Your-Child-Parenting-Guides/47/default.aspx> - is a wonderful resource with a variety of parenting guides targeting specific issues from nightmares to finicky eating.

<http://urbanext.illinois.edu/babysitting/behavior.html> - offers tips for both preventing misbehavior and dealing with it when it occurs.

*Tara Draper, M.S.
PALS Interviewer*

Our Newest Faculty Member Introduces a New Study Starting this Fall: *The experience of alcohol on computer tasks and in the real world*

A new study will be starting in the Youth and Family Research Program this fall. As a young adult participant in the PALS study, you may be contacted to see if you are interested in participating. To help you understand this study I will describe the goals and protocol and introduce myself and research interests below.

Researchers have increasingly become interested in understanding what people experience when they drink alcohol. For example, do they feel more “happy” or “tired” than other people who drank the same amount? Does their blood pressure increase? Interestingly, everyone has a unique experience when they drink and these differences are related to a variety of different decisions and behaviors. With the help of Dr. Brooke Molina, and the staff of the Youth and Family Research Program, I will be recruiting participants who are current drinkers to actually come into the lab and consume a moderate amount of alcohol. After finishing these drinks, participants will be asked to complete computer tasks and rate their experiences. Participants will also come into the lab another time to consume a non-alcohol beverage and complete computer tasks. About a week later, participants will return to the lab and be trained in the use of iPod touch devices. Participants will then answer questions on these devices during the course of their daily lives over the next 10 days. My goal is to understand how behavior in the lab is related to daily behavior that people engage in that we may otherwise miss. Approximately six months later, participants will be contacted by phone for a brief phone interview to get updated information about recent behaviors, including alcohol use.

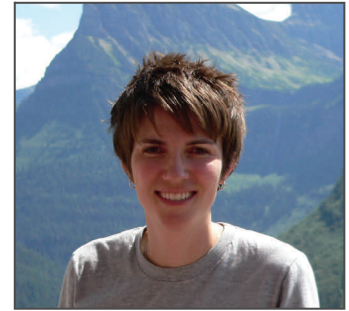
I received my Ph.D. in clinical psychology from the University of Missouri (MU) in 2010. A large part of my training at MU involved conducting studies that had participants consume alcohol in the lab. Since graduating, I have been a member of the Youth and Family Research program, recently completing my postdoctoral training under the

mentorship of Dr. Molina. My research has focused on risk and protective factors for alcohol use problems from a multicultural perspective. Given the importance of understanding alcohol use behavior for different sub-populations, I will be recruiting an equal number of African American (Black) and European American (White) participants. Very little research has been conducted in this area. In fact, most research on alcohol problems has focused on European Americans which leaves out important and growing parts of the US population. This study will hopefully begin to help fill this gap in the literature.

Additionally, since joining the lab, I have been analyzing data from the PALS study to better understand what individuals with and without a history of ADHD expect will happen when they drink, experiences while drinking, and potential consequences of alcohol use. Building off of this recent work, I will be recruiting an equal number of participants with and without a history of ADHD for the upcoming study. This type of design will allow me to look across and within two racial groups and ADHD history. Very few studies have examined how individuals with and without ADHD experience the effects of alcohol particularly through the use of both lab assessments and iPod touch devices.

I’m very excited to begin this study and look forward to meeting some of you in the near future. We will be contacting potential participants to see if you are interested later this fall and will provide more details about the study at this time.

Sarah Pedersen, PhD
Assistant Professor of Psychiatry



2012 Top Ten iPhone Apps

Whether you're looking to load up a new iPhone or simply expand your collection, according to a recent article in *Time Techland News and Reviews* here's a list of the download - deserving apps.

Facebook - Facebook is the most popular social network on the planet, and it's one of the most popular free apps. You can update your status, view photos, and check into your location. You can also keep up with your news feed, messages, events, as well as upload your photos and videos, and much more.



Find My iPhone - If you misplace your phone, Apple's Find My iPhone app will pinpoint its location on a map. What's more, if your phone is buried in the couch cushions, the app will instruct your handset to blast a sound for two minutes at full volume — even if it's set on silent mode. In



the unfortunate event that your phone gets stolen, this app can remotely cause the personal data in your phone's storage to self destruct.

Weather Underground - Yes, most weather apps can tell you the temperature in your city, but where in your city? Weather Underground lets you pick from more than 22,000 weather stations for a super localized forecast. The layout details the day's weather, a scrollable weekly forecast and the Wundermap, which lets you overlay temperatures and view animated radar.



Kayak - One of the most useful travel websites. Kayak lets you quickly search multiple airlines for the best price on plane tickets. You can track your flight status, book hotels and this app also provides useful travel information like airline phone numbers, flight tracking and baggage fees.



Angry Birds - Even if you've never played Angry Birds, you've been in close proximity to someone who's been playing it—whether you realized it or not. This wildly popular mobile game is pretty much a must-have just out of sheer principle.



Fandango - Fandango's iPhone app lets you browse movies, watch trailers, read reviews, and provides theater locations. Tickets can be purchased right from within the  app.

ESPN ScoreCenter - Missing the big game? Don't worry, this app is a handy way to keep track of just about any sport you can imagine. Customize the myTeams page for live score updates for all of your favorite teams. You can also look up stats, standings and ESPN.com articles while on the go.

Flashlight - We've all used our smartphone displays to help us navigate dark spaces, but if you want something that works like an actual flashlight, this free app uses your iPhone's camera flash to produce a surprisingly bright beam you can turn on or off by sliding a screen-centered power button up or down.

Pandora Radio - There are plenty of great music apps for the iPhone, but Pandora excels at giving you something to listen to when you're not exactly sure what you want to listen to. Simply specify an artist you already like, and Pandora will deliver a stream of songs by that artist along with songs by similar artists.



Skype - This incredibly popular app now lets users chat, call or video call any of your skype contacts. This app will have you making calls around the globe in no time.





Adults with ADD for Pittsburgh & Tri State Area -- CHADD Chapter #477

August 30, 2012

Open Forum: Sharing Tips on What Works & Frustrations of What Doesn't!

Meetings are held on the 4th Thursday of each month at WPIC, Room 292, 3811 O'Hara at DeSoto St in Oakland from 7:00 to 9:30 pm.

For more details about specific meeting dates and topics, please contact Leslie Stone at (412) 682-6282 or visit www.pittsburghadd.org

MOVING?

If you have moved, plan on moving or changed your phone number, please call our PALS study line at (412) 246-5656 to provide us with updated information.



Need to Schedule Your Study Visit?



If you would like to schedule your study appointment or need to change or cancel your existing appointment, call the PALS study line at (412) 246-5656.



Sudoku Classic

6				4				1
	3						9	
		8	5		7	6		
		2	8		5	7		
8								5
		1	6		9	2		
		7	1		4	3		
	6						8	
5				3				9

GAMEPLAY

The object of the game is to fill all the blank squares with the correct numbers. Fill in the empty squares of the grid with the numerals 1, 2, 3, 4, 5, 6, 7, 8, and 9. The puzzle is solved when each ROW and each COLUMN, and each 3 x 3 square within the puzzle contain the numerals 1-9 with each numeral appearing only once.

SOLUTION

An answer key is available on our website at www.youthandfamilyresearch.com. From our home page on the website, select *Studies*, click on *PALS, Newsletters* and you will see *Sudoku Puzzle Answer Key*.



**PALS Study
Brooke Molina, PhD
University of Pittsburgh
3811 O'Hara St.
Pittsburgh, PA 15213**

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Address Correction Requested