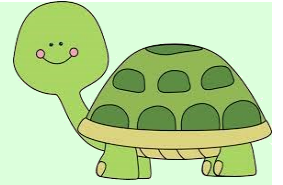


# Preschool Shyness Study Newsletter



Child and Family Relationships Lab  
Human Development Department  
University of Maryland



Maryland ADHD Program  
Department of Psychology  
University of Maryland

## Happy Spring!

We hope you're enjoying the fresh spring air! In this newsletter we'll be telling you about:

- ◇ The current status of the project
- ◇ Spring activities to enjoy with the whole family!
- ◇ Team members working on the project
- ◇ Fun games and activities

We hope that the newsletter will give you valuable information about the Preschool Shyness Study. Your participation is essential to the success of the project and will allow us to learn about how to help very shy preschoolers become more comfortable in social situations. Thank you for making this important project possible!



## Preschool Shyness Study Progress



After four years of working with families, we have had 151 families participate in the study. We have also visited the many different preschools that the children attended to see how they play in their classrooms, allowing us to see how the program may have made a difference for the children and their parents. This spring, we will be finishing up our one-year follow-up interviews with families. We are excited to begin looking at the outcomes of the two treatments we tested!

# Family Spring Activities!

## Big Apple Circus!

Celebrate the 40th anniversary of the Big Apple Circus from March 8th to April 1st at the National Harbor! See acrobats, clowns, horses, and many more wonders!

*Location:*

Waterfront Street,  
National Harbor, MD 20745



## Visit the DC Cherry Blossoms!

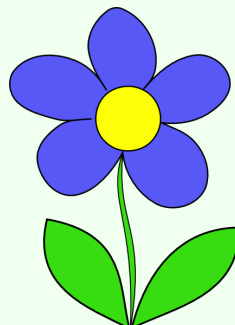
The D.C. National Cherry Blossom Festival starts on March 20th and runs through April 14th. The 2019 cherry blossom peak bloom period will occur between April 3rd—April 6th. Enjoy the opening ceremony with fireworks and kite festival!

5 Things to know about the Cherry Blossom Festival: <https://washington.org/visit-dc/things-to-know-national-cherry-blossom-festival-washington-dc>



## Fun Spring Family Activities

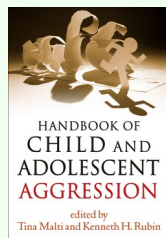
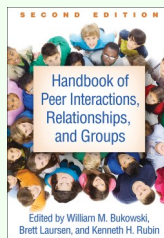
- Fly a kite
- Make a bird feeder
- Go camping
- Learn how to garden
- Go on a nature walk
- Pick berries
- Go bird watching



## Principal Investigator Update



**Kenneth Rubin** is a Professor of Human Development and Director of the Center for Children, Relationships, and Culture at the U. Maryland College Park. During the past academic year, Dr. Rubin published two Handbooks in the area of Child Development. Dr. Rubin is beginning a new study examining how 3-5-year old preschooler's play behaviors change over time.



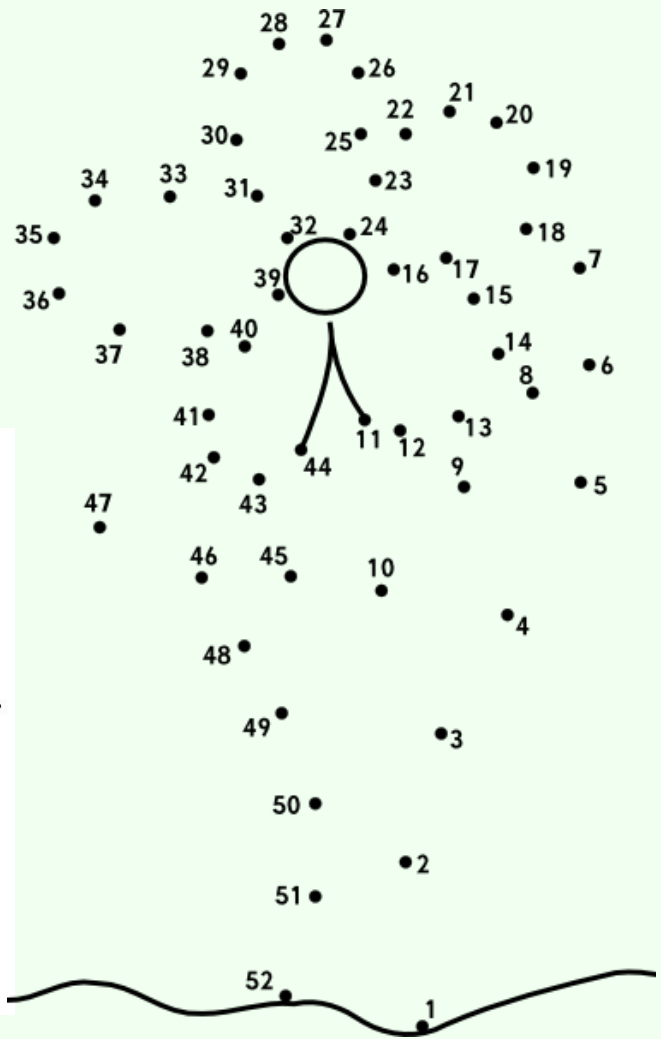
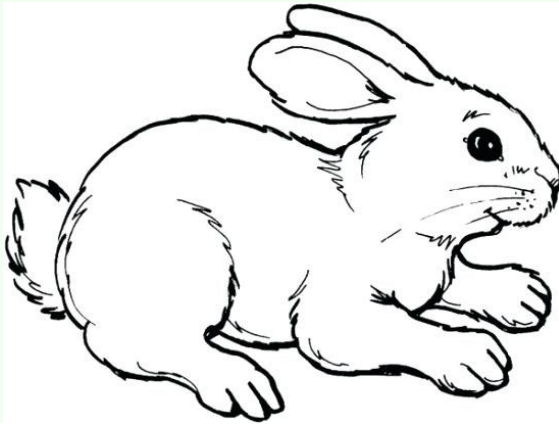
**Andrea Chronis-Tuscano** is a Professor of Psychology and Director of the Maryland ADHD Program. This academic year, Dr. Chronis-Tuscano and her colleague, Dr. Michael Meinzer, launched the SUCCEEDS Clinic for University of Maryland college students with ADHD. The SUCCEEDS Clinic offers group therapy and individual coaching to help college students with ADHD structure their time, set individual goals across life areas (academics, social, health), and to live healthy, productive lives! To learn more, visit: <https://www.umdadhd.org/succeeds/>

### Graduate Student Spotlight



**Lauren Oddo** is a second year doctoral student in the Clinical Psychology Doctoral Program, working with Dr. Andrea Chronis-Tuscano in the Maryland ADHD Program. She graduated with honors from the University of Richmond in 2015. After graduation, she worked for two years at Virginia Commonwealth University as a Research Coordinator. Lauren's research and clinical work focuses on developmental trajectories, adjustment, and treatment of individuals with ADHD across the lifespan, particularly in high-risk transitional periods. Specific emphases include risk and protective factors affecting the developmental course of ADHD, the development of comorbidity, developmentally-appropriate assessment of adolescents and emerging adults, and empirically-informed treatment of college students.

# Spring Coloring Activities



## Contact Us

If you have any questions or comments about the study, please feel free to get in touch with us!

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Phone: (301) 405-5227

And don't forget to visit us online!

Our website: <https://www.umdrubinlab.com/preschool-shyness-study.html>

Our Facebook Page: [facebook.com/UMDPreschoolShynessStudy](https://facebook.com/UMDPreschoolShynessStudy)