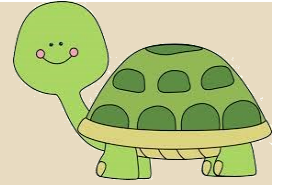


# Preschool Shyness Study Newsletter



Child and Family Relationships Lab  
Human Development Department  
University of Maryland



Maryland ADHD Program  
Department of Psychology  
University of Maryland

## Happy Fall!

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

- ◇ The current status of the project
- ◇ Some fall 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. Over the next year, we will continue to follow up with families to see how children and parents are doing a year after they participate in the groups. We are excited to begin looking at the outcomes of the two treatments we tested!

# Family Fall Activities!

## Fall Festival

On October 20th there will be a Fall Festival with story time, food, and a pumpkin decorating contest! You are asked to bring your own pumpkin and a fall themed baked good. It will be from 11—1 PM .

Location: River Terrace Park  
Benning Rd. & Anacostia  
Washington, DC 20019



## Sharp's at Waterford Farm

This is a family operated farm located in Brookville, MD. It offers activities for children at any age! These activities include educational farm tours and open house events where children can feed animals, pick pumpkins and go on hayrides.

Location: 4003 Jennings Chapel Rd.  
Brookville, MD 20833



## Fun Fall Family Activities

- Go apple picking
- Have a pumpkin carving contest
- Collect fall leaves
- Make Thanksgiving placemats
- Go on a nature walk
- Decorate your house for fall
- Have a fall family picnic

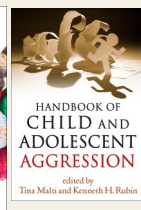
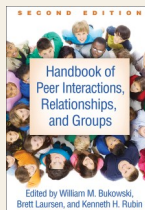


# Principal Investigator Update



**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 preschool children'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/>



## Lab Manager Spotlight

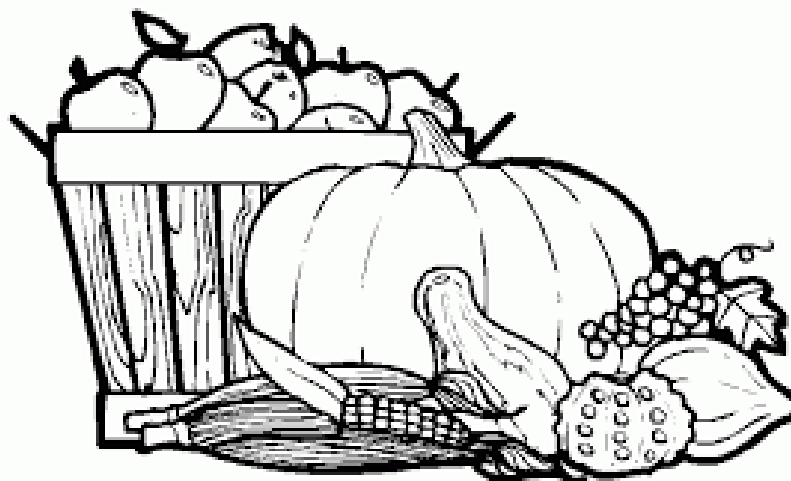
**Lindsay Druskin** is the LSCFR's lab manager and the project coordinator for the Preschool Shyness Study. She recently graduated from the University of Maryland, College Park with her B.A. in Psychology with a minor in Human Development. Lindsay hopes to attend graduate school in the future.



## Graduate Student Spotlight

**Emma Chad-Friedman** is a second-year graduate student working towards her Ph.D. in the Clinical Psychology program. She got her B.A. from Brandeis University and worked as a clinical research coordinator at Massachusetts General Hospital for three years. Emma is interested in how early stressors impact child development.

## Fun Coloring Activities



## Contact Us

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

Email: [little turtles@umd.edu](mailto:little turtles@umd.edu)

Phone: (301) 405-5227

And don't forget to visit us online!

Our website: [sites.google.com/site/umdlittle turtles/umd-preschool-shyness-study](https://sites.google.com/site/umdlittle turtles/umd-preschool-shyness-study)

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

Our Twitter: @UMDLittleTurtle