



Newsletter

Spring 2014

STAR Update

4 year STAR visits are underway and we are currently in the planning stage for our Kindergarten visit. We will be calling you to set up your next visit after your child has entered Kindergarten. Thank you all for your continued support and participation!

Meet the Staff



Pam Baldwin is the Financial Coordinator for the STAR Project and the Assistant Coordinator for CFRN (Child & Family Research Network).

She holds a BA in Psychology from UNCG and a Masters in Liberal Studies. Pam loves being a mom to her two girls and designing invitations in her spare time.

Spring Fever Scavenger Hunt

As spring is approaching, enjoy the warm weather outside with an adventurous scavenger hunt to keep your child happy and active.

- Look for things such as: types of birds, tree seeds, different kinds of flowers, animal tracks and more!

Printable Outdoor Scavenger Hunt:

<http://www.kcedventures.com/images/pdf/early-spring-scavenger-hunt.pdf>

Investigator Spotlight

Dr. Susan Calkins



Dr. Calkins studies development from infancy to adolescence. She is especially interested in how children learn to control their emotions and behavior, often referred to as self-regulation, and how the ability to control oneself influences a range of important achievements across development. In addition to studying school readiness on the STAR project, she also studies how self-regulation influences outcomes in adolescence, including risky behavior and substance use, as well as how self-regulation is a factor in children's weight gain and cardiovascular health. And, she has been studying how neural development influences the emergence of self-regulation in infancy.

Dr. Calkins has published numerous research articles on the topic of self-regulation. In addition, she is currently working on a new Handbook of Infant Development.

Additionally, Dr. Calkins is involved with The Child and Family Research Network (CFRN) which is a group of faculty members and researchers from the UNCG community whose scholarship and teaching reflects a core concern for the welfare of children and families. The Network provides support for scholarship, teaching, and service through workshops, funding opportunities, scholarly gatherings, and e-resources designed to bring faculty together to enhance their work.

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Next Issue: Dr. Marion O'Brien

Bird Nest Cookies



Ingredients:

- 1 Package of Chocolate Chips
- 2 TBs of creamy peanut butter
- 1 package of chow mein noodles
- 1 package of mini robin egg candies

Directions:

1. Melt chocolate chips on low heat on stove stirring continuously
2. Once melted, stir in peanut butter until melted
3. Pour in package of chow mein noodles and stir until coated.
4. Drop by the tablespoon onto wax paper
5. Place robin egg candies on top
6. Let cool in the refrigerator

Water Color Butterflies

What you'll need:
Coffee filters,
Water Color paints,
and colored pipe
cleaners.



Instructions:

1. Paint coffee filter and let dry 15-20 minutes.
2. Once filter is dry gather it in the middle and pinch the back side.
3. Next, take a pipe cleaner, fold it in half and slide it upwards, so that it is in the center of the coffee filter.
4. Twist around a couple of times at the top to secure. You can then fan out the wings and bend or curl the ends of the antennae to add a finishing touch.

Keep in touch!

Please contact Erica with address or phone number changes. You can reach her by e-mail star@uncg.edu or by phone 336-256-0540. We are typically available Monday-Friday 9am-5pm and want to be as helpful as possible to all of you. If you have moved out of the Greensboro area contact us for ways you can still participate in the project.

Also find us at:

<http://starproject.uncg.edu>



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