

BEAR Lab Fall 2023 Newsletter



Happy Fall from BEAR Lab!

We hope this season has been all treats and no tricks for our OTTERS and TEDDI families.

Since the last newsletter BEAR lab has had some cool developments and updates that we can

BEARly wait to share with you in this letter.

OTTERS (Ohio Texas Transactional Emotion Research Study)

We are still welcoming families with infants who are 11-26 months to begin our OTTERS study! We have gained 8 new families since August, giving the study nearly 50 participating families. We are aiming for 150! We want to thank all of you for participating and we look forward to seeing everyone at their follow-up visits.

Know someone who may be a good fit for OTTERS?

We're still looking for "OTTER" families to participate in our study. Have them scan this QR code to get started!

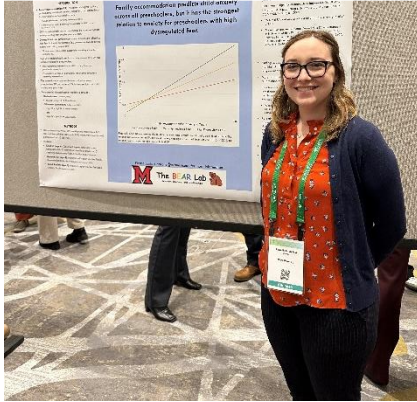


TEDDI (Transactional Emotional Development in Dyadic Interactions)

TEDDI is back and better than ever! We are now asking families who have participated in previous TEDDI visits to come in for a visit with their 8-14 year olds. The visit will involve coming back into our lab in Oxford and completing surveys, games, and activities while we monitor brain activity via EEG and heart rate via EKG. Families will be reimbursed \$50 for participating. Feel free to call or email us if you are interested in participating!

Conferences

Over the course of the Fall 2023 semester lab members have analyzed different factors in the TEDDI and OTTERS data. Many of the graduate students have presented posters at ABCT (Association for Behavioral and Cognitive Therapies).



Elizabeth presenting her poster at the ABCT (Association for Behavioral and Cognitive Therapies) conference in Seattle.

Who is New?

BEAR lab welcomed two new members this semester. Casey Pearce is a first-year graduate student and Grace Sullivan as our new Project Coordinator. While Elizabeth has been with the lab for a few years, she is now coordinating TEDDI and it is likely you will see her at your visit. Additionally, BEAR lab welcomed 10 new undergraduate research assistants this semester. Allie, Ella, Nicole and Elizabeth are also still working with the lab and you may see them helping at your visits.

Managing Holiday Stress as a Parent

The holidays can be both fun and stressful for anyone, let alone a parent. The article [3 Tips for Holiday Parenting](#) from Psychology today talks about how to manage it in a realistic way by lowering your expectations of yourself and living in the moment- no 5am runs or sun salutations needed!

Things to do in Oxford

If you are looking for some fun kid(and tween/teen!) friendly activities to do with your child that are happening in the Oxford look no further.

TEDDI tweens and teens may enjoy...

What: Winter Holiday Ice Skating

When: Dec 20th and 21st 3:15-5:00pm

Where: Goggin Ice Center

Description: Feeling athletic and festive? Spend the evening ice skating with your family at Goggin.

Cost: 7.50\$ admission for skaters, skaters under 5 years of age need to bring a bike helmet.

What: Teen Murder Mystery Night

When: December 1st 6-8pm

Where: Lane Public Library in Oxford

What: murder mystery themed party for kids aged 12-18

OTTERS kids may enjoy...

What: Madcap Puppets: 'Twas the Night Before Christmas

When: Dec 15th, 7:00pm

Where: Oxford Community Arts Center

Description: festive puppet show about a mouse family preparing for the arrival of "santypaws"

Cost: 7\$ adult, 5\$ kids, tickets can be bought on website

What: Pre-school Story time

When: every Tuesday 10:30am

Where: Lane Pubic Library in Oxford

Description: Enjoy a story with your preschooler at Lane Library

Cost: Free

Keep in Touch

We love our participating families and want to stay in touch with you! If something about your contact info changes like your phone number or email, please let the lab know by sending an email to BEARLab@miamioh.edu or by calling (513)-529-2411. Additionally, you can contact Dr. Elizabeth Kiel by email at Elizabeth.Kiel@MiamiOH.edu or by calling (513)-529-5430.

If you want to keep up with the lab in general, there are a few ways to do so. We have a Facebook page "Behavior Emotions and Relationships Lab". We also have a website- mubearlab.com.