Meet the Staff

Allison Doub
Ali is a new graduate student working with Dr. Stifter and a new member of the B2BB team. She graduated from Penn State in 2010 and since then has been working at Johns Hopkins University as a research assistant in the Division of Child and Adolescent Psychiatry. We’d like to welcome Ali to the B2BB Project!

Staff Milestones

Diane Lickenbrock
Diane has been with the B2BB Project for the last two years as a postdoctoral scholar. We are happy to announce that Diane will move on this fall to a position as an Assistant Professor of Psychology at Western Kentucky University! Congratulations to Diane and best wishes for the future!

Undergraduate Accomplishments

Our undergraduate research assistants have had many interesting recent accomplishments:
• Sarah V., Hamilton, Paige, and Jessica graduated from Penn State this past year. Congratulations to our B2BB graduates!
• Sarah V., Tyler, & Brooke took the MCAT this summer and will apply to medical school soon; Dilini is currently applying to dentistry school.
• Sarah W. became an officer of the PSU Triathlon team and hopes to compete nationally in the coming year.
• Dan has traveled to Honduras as well as several countries in Africa to volunteer for medical clinics and a telemedicine system.

Breaking Baby News

Thanks again for your dedication to the Back to Baby Basics Project! Enjoy the rest of your summer and we hope to see you again soon!
**Project Updates**

We hope you are all having a safe and enjoyable summer! We have some interesting updates to share from the Back to Baby Basics project.

**B2BB Wave 2**

95 families participated in B2BB visits until their children were 18 months of age. In order to extend our findings to a larger number of people, we recently invited new families to participate in the study. 6-month lab visits for “B2BB Wave 2” began in April. We look forward to seeing our new B2BB families at the 12 month visit!

**What to Expect at the 12-Month Visit**

All of the activities are the same as the 6-month visit, but now that your baby is more aware of the world, he or she may react quite differently to the same tasks.

During the 12-month visit, moms and infants will play with several interesting toys, play peek-a-boo, and have a snack-time. We will also measure your infant’s height and weight.

**Summer Fun Ideas**

Summer is almost over but the weather is still warm and the days are still long. Here are some ideas to enjoy the rest of the summer.

- Visit a local farmer’s market - there are many interesting sights for babies and kids, as well as good deals on healthy farm-grown foods. Go to centralpafarmers.com or buylocalpa.org for information and locations.
- Make sun protection fun by helping kids decorate their own sun hats (available at craft stores). Use tacky glue to attach scrap fabric, felt, or interesting buttons, or create a design with fabric paint.
- Play with bubbles - try store bought bubbles or go homemade! Bend old hangers or wire into circular shapes (avoiding sharp edges), and make a bubble solution with 10 cups water, 4 cups dish soap, and 1 cup corn syrup.
- Check out your local library - you can enjoy reading books with your child on your own, while many libraries also offer story times, evening activities, or summer reading programs for kids of all ages.
- Be creative while keeping cool - clean buckets, bowls, watering cans, spray bottles, sponges, or even a gentle hose spray are all great for splashing around.

**Preschool Follow-Up Study**

We are still very interested in conducting a follow-up study of our B2BB families when the children are around preschool age. We recently submitted a revised grant to the grant agency and are currently waiting for feedback. We hope to be in contact soon with more details! In the meantime, please give us a call or send us an email if your contact information changes.

**Preliminary Findings**

Remember when you completed the diary when your baby was 6 months old? We asked you to record everything that your baby did for 3 days. These diaries provide us with valuable information about infants’ behavior throughout the day. For example, the average number of cries on each day was 6.86. The total number of cries across the 3 days ranged from 4 cries to 49 cries.

We also found some interesting information related to how parents respond first to their babies’ cries. For example, relative to the amount the baby cried:

- 22% of the time parents’ first response included motion (e.g., picking up the child) or feeding the baby.
- 19% of the time parents’ initial response included touching their child (e.g., patting his/her back).
- 16% of the time parents responded first with sounds (e.g., shushing, talking).
- 15% of first responses included distracting the infant.
- 9% of the time parents let their baby “cry it out” first.

We also compiled your responses to the question “How did you know your baby was ready for solid foods?” Over half of you (53%) indicated that you knew your baby was ready because he/she showed great interest in adult food (e.g. intently watching the family eat dinner). Many of you used recommendations from a doctor to know when the baby was ready for solids (42%). Lastly, several of you said that your baby was no longer satisfied with formula or breast milk (30%).

Stay tuned for our next newsletter to get more results coming from the B2BB study.