

November 2018

PRISM Study Newsletter



The PRISM research team would like to send a huge **thank you** for your participation in the study! Without you, none of this work would be possible! In this newsletter, there are some exciting findings that you and your children have contributed to and updates regarding study-related activities. We hope you enjoy this newsletter and we look forward to seeing you at future visits!

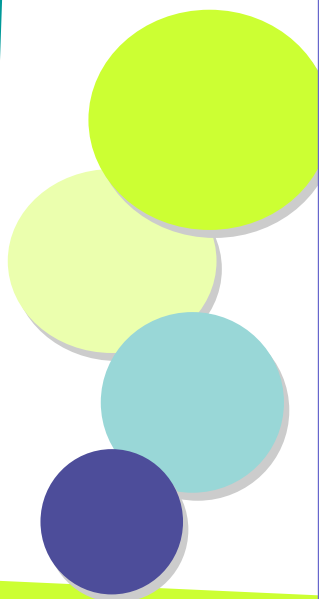


Announcing New Activities for the ECHO Study: The ECHO-Wide Protocol

- Families that participated in our original PRISM study are all eligible for a new nationwide study called ECHO (“Environmental influences on Child Health Outcomes”).
- We will soon reach out to our study families with the opportunity to participate in some new and exciting data collection activities!
- These data will be combined with data from children across the U.S. to allow major study questions to be answered in a “super-size” sample.
- The main outcomes of interest cover 4 broad areas: (1) neurodevelopment; (2) respiratory health; (3) obesity; and (4) perinatal health outcomes (*the period immediately before and after birth*).
- We strongly believe that your participation will help us answer some of the most important scientific questions about how to improve the health of all children from pregnancy through adolescence!

Why Do We Ask You For Biosamples?

- Biosamples can give us important information about what your body has experienced and how it is functioning:
- **Teeth**, like the rings of a tree, help us understand child exposures to chemicals and other substances during different periods of development.
- **Urine** is liquid gold! It can tell us about how children’s bodies are handling stress and what kinds of chemicals are in the child’s environment.
- **Blood** can tell us how children’s immune systems are functioning and how healthy their cells are.
- **Hair** gives us information about cortisol, an important stress hormone.



Some of our findings:

- * A caring maternal-infant relationship offers young children many benefits including:
 - ◇ enhanced ability to manage biological responses to stress in infancy
 - ◇ better neurocognitive abilities (working memory, behavioral control) in preschool
 - ◇ protection against mental health problems in adolescence
- * Maternal diet during pregnancy may protect against negative effects of prenatal stress on infant behavior.
- * Mothers' positive experiences in her childhood may have a protective effect on how her children's genes function.
- * Children's temperament and sex (boy vs. girl) influence how they respond to mothers' experiences and behaviors.

Meet the Research Team!

Our Mission

At the Biobehavioral Research Lab, we study how environmental exposures and maternal and child experiences affect children's health and development. We are particularly interested in understanding the role that these factors have on children's mental health, physical health, and neurodevelopment; and the biological pathways that may shape these outcomes.

We hope that our findings will allow us to inform the development of programs and interventions that optimize children's health and development!

The Head Investigator



Michelle Bosquet Enlow, PhD
(She/Her/Hers)
Principal Investigator

Career:

Dr. Bosquet Enlow is a developmental and clinical psychologist with specialized training in infant mental health (birth to age 5), the assessment and treatment of traumatic stress in children and adults, the development of child stress regulation, and the etiology and maintenance of anxiety. She received a B.A. in Psychology from Yale University and a Ph.D. from the Developmental Psychopathology and Clinical Science program at the University of Minnesota.

Home town:

Easton, MA

Fun fact:

I have twins the same age as the PRISM kids!

The Research Assistants



Cassie Svelnys
(She/Her/Hers)
Research Specialist

Education:

B.A. in Psychology, minors in Cognitive Science and English from UCONN

Home town:

Ashford, Connecticut

Fun fact:

I am passionate about renewable energy and environmental conservation!



Mickie Gusman
(She/Her/Hers)
Research Assistant II

Education:

B.A. in Psychology, minor in English from Skidmore College

Home town:

Newton, Massachusetts

Fun fact:

I have a twin brother! We're unfortunately not identical.



Michelle Huezo
(She/Her/Hers)
Research Assistant II

Education:

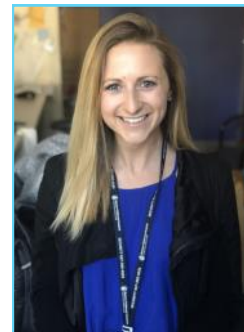
B.A. in Women's Studies, minor in Ethnic Studies from UC Berkeley

MPH in Maternal and Child Health from BU

Home town:

Richmond, California

Fun fact: I enjoy weightlifting!



Molly Cunningham
(She/Her/Hers)
Research Assistant II

Education:

B.S. in Psychology from Tulane University

MA in Applied Developmental and Educational Psychology from BC

Home town:

Chicago, Illinois

Fun fact: I once had 2 dogs and a cat, all named Marley!



Brenna Martinez
(She/Her/Hers)
Research Assistant I

Education:

B.A. in Psychology from Williams College

Home town:

Arvada, Colorado

Fun fact:

I am a huge baseball fan. The Colorado Rockies are my favorite team!



Sophia Merelas
(She/Her/Hers)
Research Assistant I

Education:

B.A. in Psychology, minors in Spanish and Educational Studies from Bates College

Home town:

Pelham, New York

Fun fact:

My middle name is spelled wrong on my birth certificate!



Helen Day
(She/Her/Hers)
Research Assistant I

Education:

B.A. in Psychology from Skidmore College

Home town:

Woodstock, Connecticut

Fun fact: I can (kind of) play the banjo!



Brian Exequiel Benítez
(He/Him/His)
Research Assistant I

Education:

B.A. in Biology and Art History from Williams College

Home town:

Naples, Florida

Fun fact:

My favorite animal is the penguin!

Jokes to share with your kids!

Q: What is the best time to go to the dentist?

A: Tooth-hurty!

Q: How do you make a tissue dance?

A: You put a little boogie in it!

Q: What do grumpy mountains have?

A: A bad altitude!

Q: How do you make an octopus laugh?

A: With ten-tickles!

Q: Knock knock

A: Who's there?

Q: Cash

A: Cash who?

Q: I knew you were a nut!



We can't wait to see you soon!

Has your contact information changed?

Please let us know! If you have recently moved or switched phone numbers, give us a call at:

(617) 919-4626

or send us an email at:

Prism.Study@childrens.harvard.edu

We'll update your contact information so we can keep you updated on any study-related activities.