

Newsletter, January 2020

Study Details Reconciliation After Couples Conflict



[Dr. Karen Prager](#), CCF faculty affiliate and professor of psychology and gender studies, recently published an article in the *Journal of Family Psychology*, describing how couples handle conflict constructively and recover emotionally after conflict and reconcile. Using questionnaires, daily diaries, and video-recorded conversations, Dr. Prager and the [Couples Daily Lives Lab](#) asked couples how they go about reconciling after their conflicts. Couples who forgave easily and who reengaged each other through a shared activity reconciled quickly, often later that same day. Based on reports from couples in 3 different studies, Dr. Prager developed a checklist of reconciliation strategies, including: doing something enjoyable together, expressing affection, apologizing for thoughtless behavior, and, sometimes, getting

away from each other to cool off. Couples who engaged in active repair strategies felt more satisfied with their relationship afterward and had better moods than those who withdrew or avoided their partner. "Maintaining a rewarding, intimate, harmonious marriage is important for the mental health of adults and children alike," Prager said. Next steps for her research include detailing characteristics of couples that might explain why some couples are unable to reconcile after conflict and learning how to more effectively help couples to maintain satisfying marriages. [Read the abstract here.](#)

Play With Me Program Spring 2020 Registration Open

Registration begins next week for the Spring 2020 [Play With Me program](#) playful-learning classes for children ages 0 - 3 together with their parents. The 12-week program serves 5 locations in Vickery Meadow, Richardson, East Plano, Pleasant Grove, and Bachman Lake. See the full schedule and [more information on our website.](#)

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Valenceo @ Midtown Apartments	St. Joseph Catholic Church	St. Mark Catholic Church	Prairie Creek Branch Library	Bachman Lake Branch Library

10:00 - 11:15am (Spanish)	10:00 - 11:15am (Spanish)	10:00 - 11:15am (Spanish)	10:00 - 11:15am (Spanish) 11:45 - 1:00pm (English)	10:00 - 11:15am (Spanish) 11:45 - 1:00pm (English)
*Register in person on January 27	*Register in person on January 28	*Register in person on January 29	*Register in person on January 30	*Register in person on January 31

Baby Brain Lab Recruiting Participants for Paid Study

[The Baby Brain Lab](#) at UT Dallas is launching a new project that looks at how parents and their infants communicate, and how this communication supports infant brain and cognitive development. Participation in this study involves completing 4 home language samples and 3 visits when infants are 6 months, 12 months, and 24 months old. At each visit, infants will participate in developmental tests, have an MRI scan, and parents will complete questionnaires. Families can earn up to \$430 for participation in this study. More information about the study and how to participate can be found [here](#).



Spring Lecture Series



Save the dates for our upcoming lecture series this spring at UT Dallas, focused on "Supporting Diverse Learners." Lectures will take place in the [Eugene McDermott Library, MC 2.410](#) from 9:30am - 10:30am on **February 28th, March 27th and April 17th.**



From the Director

We are back in the full swing of classes and training students to begin working in our outreach programs starting next week. Please help us share details of our Play With Me program with families who may be interested in attending. And, invite your colleagues to join us for our 12th annual lecture series at UTD. This year's lineup of speakers is shaping up and will bring great insight into how we can best support learners from all backgrounds. Details coming soon!

[- Margaret T. Owen, PhD, Robinson Family Professor, Director, Center for Children and Families, School of Behavioral and Brain Sciences](#)

STAY CONNECTED:



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