

Newsletter, April 2020

Play With Me Program Weekly Tips

With our [Play With Me programs](#) on hold during the pandemic, we've been reaching out to participating families with a weekly newsletter with the program's topic of the week and resources and activities for children and parents.

The topic for the week of April 1st was "Understanding Your Child's Temperament." A summary includes:

- Temperament is the natural way in which your child reacts to people or situations and how he expresses and controls his emotions.
- Your child's temperament may be like your own, or it might be very different.
- Some temperament characteristics include how active your child is; how much your child needs routine; how intensely your child expresses emotions.
- Understanding your child's temperament and your own temperament will help your relationship with your child.



The topic for the week of April 8th was "Building Strong Families." Points include:

- A loving, predictable relationship with parents is the most important factor in a child's healthy development.
- When children's needs are met, they see the world as a safe and reliable place.
- Having difficult interactions with children is common. It is important to try to have 5 positive interactions for every 1 negative interaction.
- Children can learn basic skills to solve problems, manage their own behaviors and emotions, interact with others, and adapt to new situations when they are able to interact with their parents.



[Follow us on Facebook](#) to see more weekly tips from this month.

CCF 2019 Annual Report

Our 2019 annual report is [now available online](#). The report details our educational and programmatic impacts over the past year and highlights affiliated research in 2019. Thank you to those who have supported us over the past year and supported our vision to become a nationally recognized center where leading scholars and students generate knowledge and apply developmental science to service for children, families, and professionals to advance children's optimal development.



UT Dallas Student Emergency Fund



The coronavirus pandemic has imposed unprecedented challenges on UT Dallas students. The elimination of jobs, transition to remote learning, and campus closure has left many students without the resources they need for basic welfare and academic success. Your help is needed to alleviate unforeseen hardships for hundreds of students and ensure that our community's future leaders and innovators remain healthy and academically engaged. Contributions to the Student Emergency Fund provide students with money for rent and food, medical care and prescriptions, technology for remote learning, travel costs to return home, and other unplanned expenses.

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From the Director

With online classes and working from home, we've all settled a bit into our 'new normal'. This doesn't mean that the challenges of everyday life have disappeared, and in fact, for many families the struggles and uncertainties grow as the days pass. We are a resource for those with concerns and anxieties related to parenting and are doing our best to support our students in this complex environment. We remain hopeful for the future and look forward to celebrating achievements - such as our upcoming graduating students - in the ways that we can.

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