

Developmental Disabilities Research Lab News

Quarterly Newsletter | Spring 2021 | Colorado State University | ddlabcusu@gmail.com | 970-491-1969

Dear Friends,

We hope that you are all continuing to stay healthy! Spring is here and we are excited for sunshine and warmer weather. We are also looking forward to visiting with families as our research activities continue. If you would like more information about how to sign up for research participation, please [contact](#) us. We wish you a happy spring and happy times ahead!

-Your friends at the Developmental Disabilities Lab

Virtual Focus Groups for Parents!

Your voice matters! We would love to hear from parents about their opinions and preferences as we develop new, parent-implemented interventions. We are conducting 1-hour virtual focus groups with parents of 3-6 year old children with Down syndrome. Please contact our team if you are interested! Groups will be held in Spanish and English.

New findings from the DD Lab...

Infancy is such a special time. Each opportunity for play and social interaction offers the chance to learn something new. At the DD Lab, we have recently shown that parents can help their infants with Down syndrome learn new skills during short play routines. In a new study, we showed that parents helped their infants develop the ability to reach for objects with low-tech, brief daily activities. Parents make such a difference, and we celebrate all that you do to support learning and growth for your children. We wish you all a Happy Mother's Day!

Community Events/ Services

Rocky Mountain Down Syndrome Association May event!

Tea Up for Down Syndrome Golf Tournament— you can sign up to participate or donate! Head to this link for more info: <https://rmdsa.salsalabs.org/teeupmay2021/index.html>

Rocky Mountain Down Syndrome Association September Event!

Step Up for Down Syndrome Walk 2021 – there are in person & virtual options for the event, stay tuned for more information come July 1st!
<https://www.rmdsa.org/events/>



**DEVELOPMENTAL DISABILITIES
RESEARCH LABORATORY**
COLORADO STATE UNIVERSITY

STUDY OPPORTUNITIES:

Cognition in Children & Adolescents with Down Syndrome

- 6-17 year old children and adolescents
- Research explores how to measure thinking skills in children & adolescents with Down syndrome.
- 6 visits over a year; families can be compensated up to \$275

Cognition in Adults with Down Syndrome

- 18-29 year old adults
- Project examines the best ways to measure thinking skills in adults with Down syndrome
- 6 visits over a year; participants can be compensated up to \$275 for participation

Executive Function in Children with Down Syndrome

- 2-8 year old kids
- Research explores the most effective ways to measure executive function skills in children with Down syndrome.
- 4 visits over a year; families can be compensated up to \$200

Goal-directed Behavior and Cognitive Outcomes in Down Syndrome

- We are excited to be following up with families who participated in a previous infant study!
- We are currently re-contacting families, and we hope to see you when your child is 4-5 years old.

IDEA CORNER FOR PARENTS AND KIDS: *Creative ways to spend time together this spring*

Spring has sprung! Bring a bit of the joy of freshly blooming flowers into your home! Items needed: red plastic cup (or a pot with holes in the bottom), soil, seeds, and access to sunlight and water (optional: stickers, markers). If you use a plastic cup, poke holes in the bottom of it for water to drain through or get your pot out!

Decorate the cup/pot in whatever fashion you'd like. For a more minimalistic look, feel free to leave it plain. Next, fill the cup with soil. Dig little holes into the soil with your finger, plant your seeds, then bury the seeds. You generally want to water your seedlings daily and leave them outside or in a windowsill that receives sunlight, but follow any specific directions for the plants you have selected. You and your child can watch your flowers grow and bloom! Your child can be in charge of watering the flower each day to practice independence skills.

If you liked this fun idea, head to our Facebook page for more craft & game ideas posted every other week!

