

UW Waisman Center Parent and Child Emotion Study (PACES)

*Emotion Regulation and Co-Regulation in Families of Children
with Fetal Alcohol Spectrum Disorders (FASD).*

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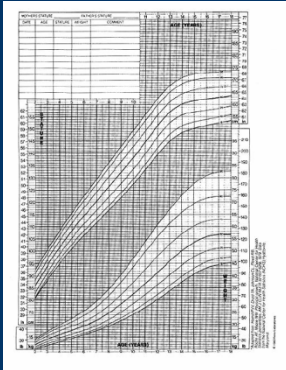
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PACES Team

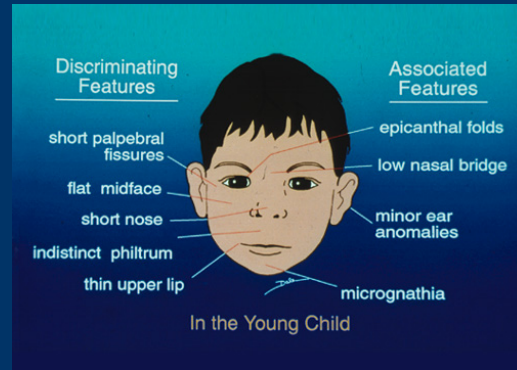
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- Key Community Contact & Advisor:
 - Georgiana Wilton, Ph.D. (Family Empowerment Network)

FASD

Growth
Deficiency



Facial
Features



Brain
Dysfunction



Gestational
Alcohol



Includes: FAS, FAE, ARND, ARBD, etc.

FASD-Related Difficulties

- Social, behavioral, and emotional problems (Carmichael-Olsen et al. 1998; O'Connor, Shah, & Whaley, 2002; Streissguth, 2007).
- Executive functioning difficulties (impulsivity, inattention, processing problems; Schonfeld, Paley, Frankel, & O'Connor, 2006; Streissguth, 2007).
- Children's **emotion regulation** as a mechanism for risk-outcome associations.

Emotion Regulation

- *“The extrinsic and intrinsic processes responsible for monitoring, evaluating, and modifying emotional reactions, especially their intensive and temporal features, to accomplish one’s goals”* (Thompson, 1994).



Emotion Regulation

- In otherwise **typically-developing** populations, dysregulation implicated in the development of:
 - Depression/anxiety, aggression, social skills, empathy, conduct disorder (Cole, Michel, & Teti, 1994; Rubin, Coplan, Fox, & Calkins, 1995).
- In children with early **developmental delays** (J. Baker, Fenning, Crnic, Baker, & Blacher, 2007) dysregulation at age 4:
 - predicted social skills at age 6.
 - was a stronger predictor than for TD children.

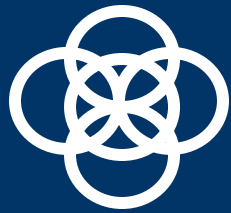
Contributors to Regulation

- Child Characteristics
 - Temperament
 - Psychopathology
 - Developmental background
- Parent/Family Characteristics
 - Family Climate
 - Emotion Socialization
 - Emotion Co-regulation



Parenting and Regulation

- Mother's ability to co-regulate their **typically-developing** children tied to a host of child **outcomes** (Baker, Fenning, & Crnic, in press; Eisenberg, Cumberland, & Spinrad, 1998; NICHD ECCRN, 1999).
- Mother co-regulation abilities in children with **developmental delays** (Baker et al., 2007):
 - Strongest predictor of later social skills.
 - Stronger relations than found in the TD group.

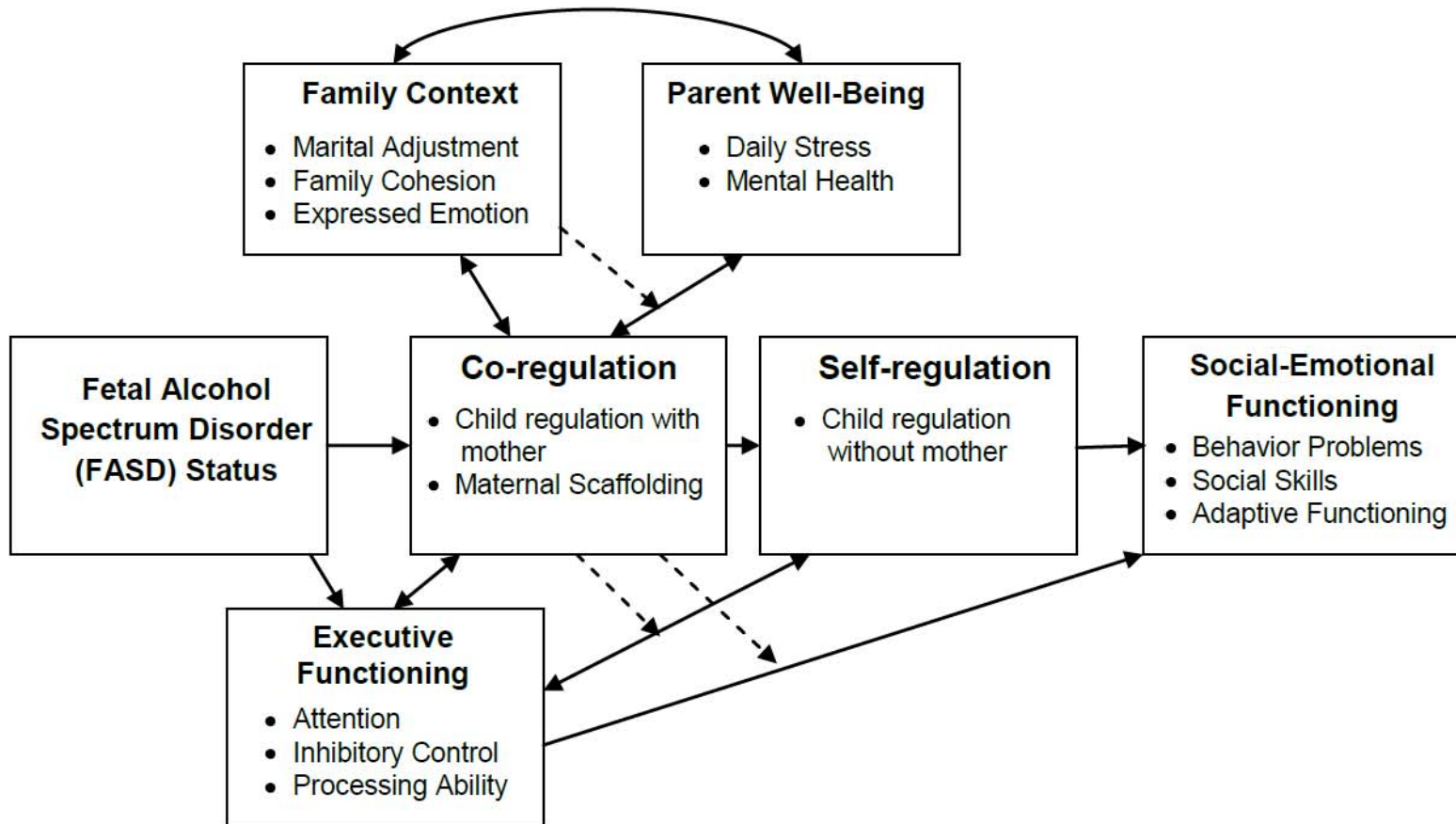


PACE Study Aims



1. To characterize the specific **emotion regulation difficulties** experienced by children with FASD.
2. To understand potential **contributors** (e.g., child executive functioning, family environment, parent co-regulation) and **outcomes** of regulation in this population.
3. To examine whether **parent and/or family factors** can promote **resilience** in children with FASD through their regulation abilities.
4. To understand the **effect of FASD on families** and to identify resilience factors for families.

Proposed Model



Procedures

- **Initial screening** (10 min)
 - Risk / Previous FASD diagnosis
- **Home/Lab Visit** (1-2 hours)
 - FASD evaluation / confirmation
 - Child cognitive/EF assessment
 - Child regulation and parent-child co-regulation
- **Completion of Questionnaires** (30 min)
 - Child overall functioning
 - Family environment / parent functioning
- **Follow-up** (if desired)

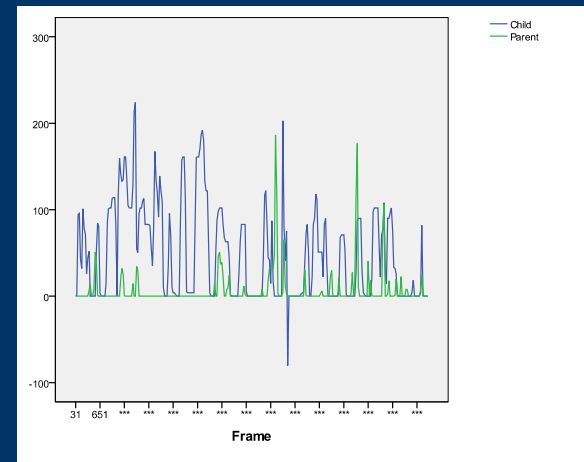
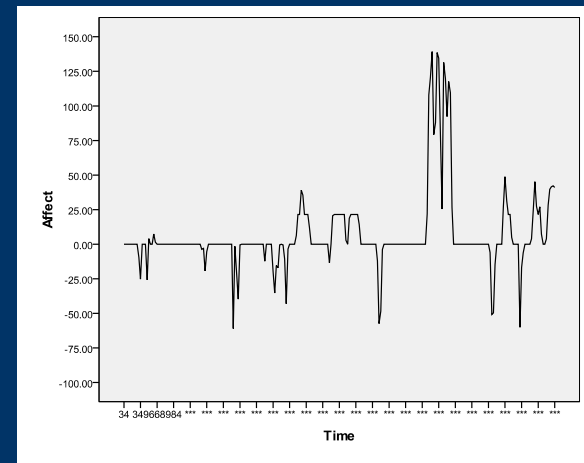
Visit: Observation Tasks

- Child Regulation
 - Delay of Gratification
 - Locked Box
- Parent-Child Co-regulation
 - Free Play
 - Clean-up
 - Problem Solving Tasks
- *Coded with global and time-based ratings*



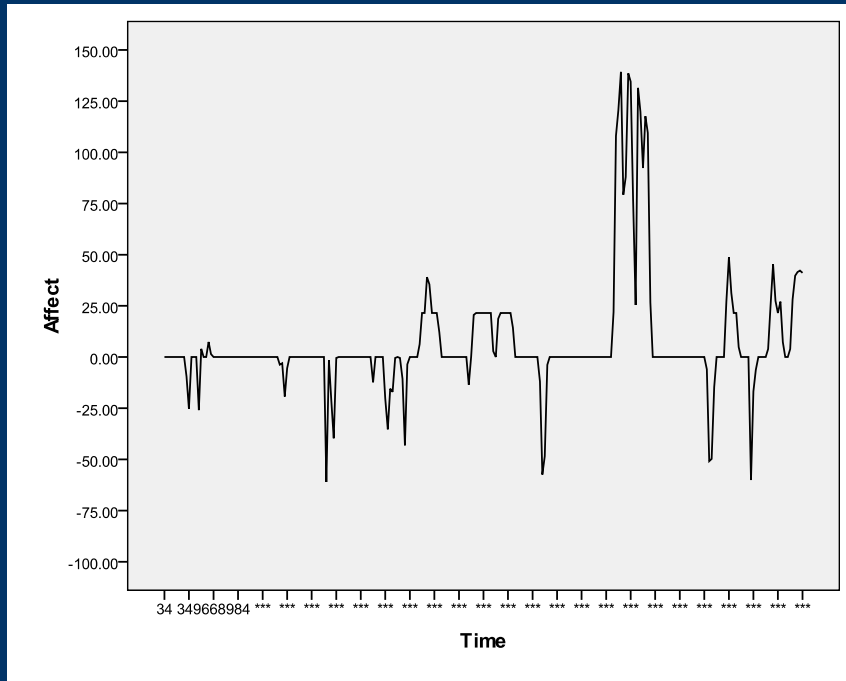
Time-Based Analysis

- Child Frustration Tasks
 - Affect/Regulation
 - Soothability, lability, intensity
 - Association with Behavior
 - ER strategies
- Parent-Child Interaction
 - Affect/Regulation
 - Parent-Child Synchrony
 - Parent-Child Causal Effects
 - Parent led vs. child led

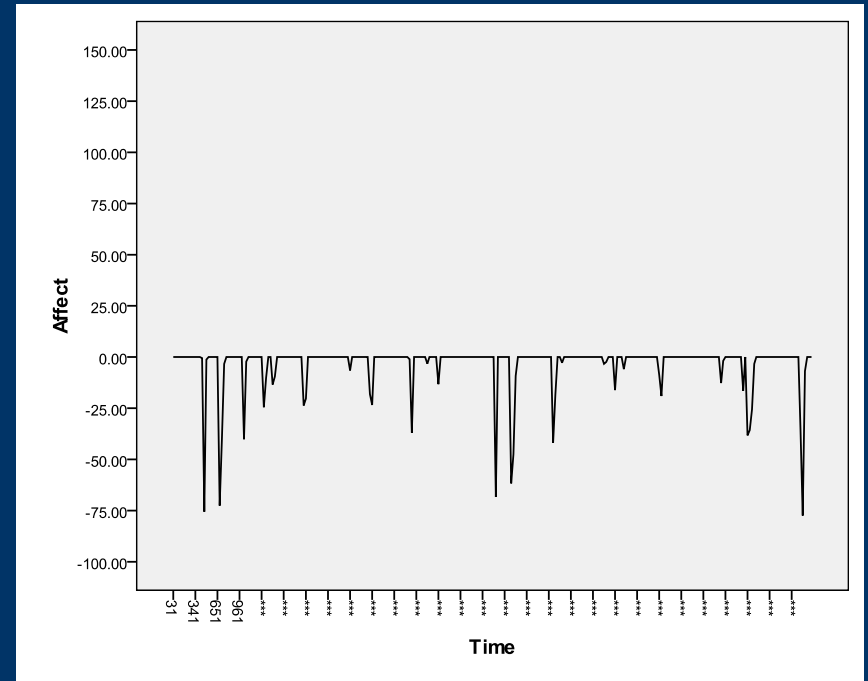


Child Regulation: Frustration task

Control

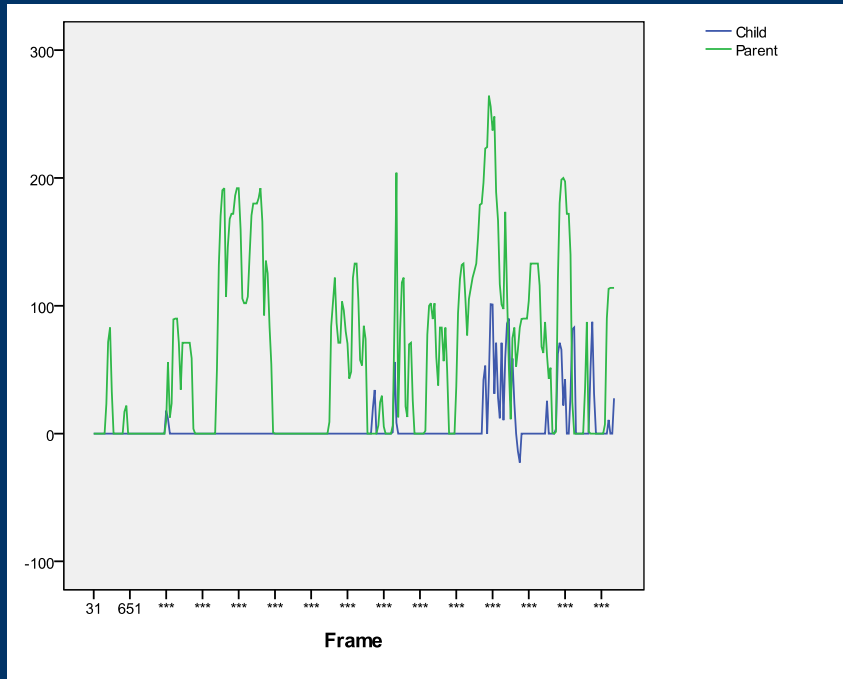


Target



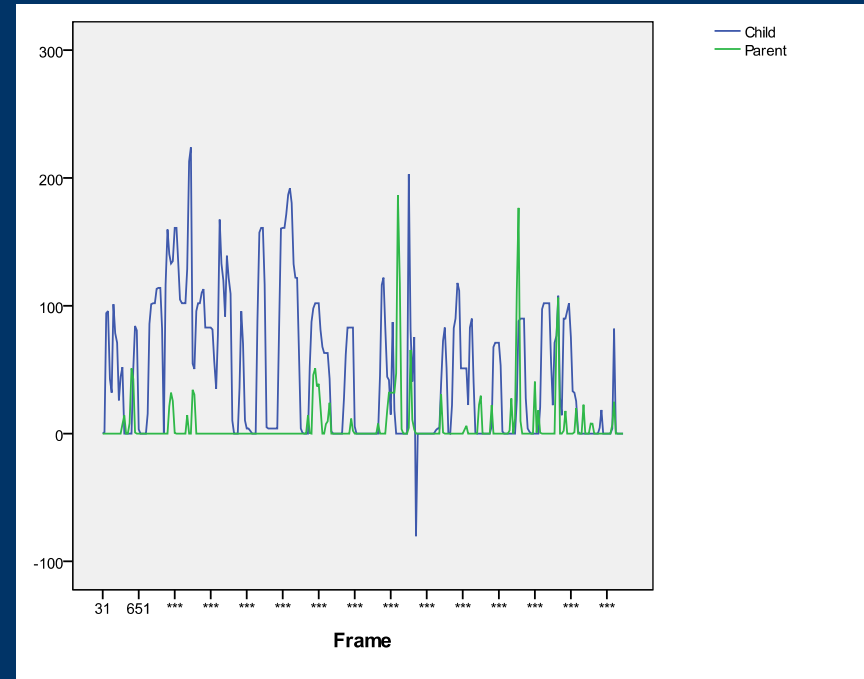
Parent-Child Free Play

Control



Cross Correlation = $.29^{***}$

Target



Cross Correlation = $.00ns$

Long-Term Goals of the Study

- Pilot data for larger grant
 - Physiological measures
 - Emotion socialization
 - Longitudinal follow-up
- Intervention
 - Emotion management
 - Co-regulation / Emotion socialization

FASD Recruitment

- 45 Children between 4:6 (3:6) and 8:11
- Diagnosis or suspicion of FASD
 - Exposure and/or associated symptoms
- Within a 6 hours drive from Madison, WI

UW Parent and Child Lab Parent and Child Emotion Study

Do you:

- Want to help researchers understand how children learn to manage their **emotions** and how the family can help?
- Have a child between **4 and 8 years old** who was **exposed to alcohol during pregnancy**?



Researchers at the Waisman Center at the University of Wisconsin-Madison are doing a study to look at how children with different developmental backgrounds learn to manage their emotions, and the role of the family in this process.

Participation includes a mother-child research visit and answering some questions. Families are paid \$45 for their time.

Contact Dr. Jason Baker: 608-265-5830 or jbaker@waisman.wisc.edu

Researchers in charge of the study are Dr. Baker and Dr. Rachel Fenning Baker.

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FASD Recruitment: WI

- National: FASD = 1:100 (Sampson, Streissguth, Bookstein, et al., 1997).
- WI: 72,000 births/yr = 3,960 potential (5.5yrs)
- WI may be highest risk state in the nation:
 - <http://www.cdc.gov/ncbddd/fasd/data.html>

Undiagnosed FASD

- Alcohol exposure noted, and symptoms similar to:
 - ADHD, especially:
 - Primarily inattentive type (O'Malley et al., 2002).
 - Atypical response to traditional medication (Doig et al., 2008; Osterheld et al., 1998; Snyder et al., 1997).
 - High sensitivity to side effects (Coe et al., 2001).
 - ASD
 - Borderline to mild intellectual disability
 - Reactive attachment disorder*

Thank you