SLEEP, SELF-REGULATION AND TODDLER TEMPERAMENT: BIOLOGY MEETS ENVIRONMENT

Featuring Dr. Victoria Molfese
University of Nebraska-Lincoln
Department of Child, Youth & Family Studies

May 1st | 12-1:00 pm | HPER 112

ABOUT DR. MOLFESE

Victoria J. Molfese is Chancellor Professor in the Department of Child, Youth and Family Studies at the University of Nebraska-Lincoln. She received her Ph.D. in Developmental Psychology from The Pennsylvania State University.

Dr. Molfese has published journal articles, books, and book chapters in the area of cognitive development in infants, children and adults, as well as on the influence of families, teachers, and classroom environments on the development of young children’s literacy and mathematics skills. Her recent work has been funded by grants from National Institutes of Health, Institute of Education Sciences, NASA and the Buffett Early Childhood Fund.

Research is currently underway to evaluate the influence sleep habits on the development of self-regulation in toddlers and to explore effective and acceptable mathematics professional development for preschool teachers.

ABSTRACT

Kindergarten readiness is characterized by important achievements in the acquisition of both content knowledge and development of self-regulation skills—effortful control and executive function—needed for controlled and focused behaviors. Development of self-regulation skills begins in the toddler period.

The focus of this talk is on toddlers (2.5 to 3.5 years of age) and our growing evidence of the roles that sleep habits and problems and temperament play in the development of self-regulation.