

Description of Research	<p>My research examines how early stress and buffering experiences contribute to child stress physiology and what the consequences of differential stress regulation might be for later child physical and mental health, growth, and socio-emotional and cognitive development. Recent work focuses on families living in poverty and those experiencing high levels of stress exposure. A particular focus of the work in my lab is the stressors and buffers unique to recent Hispanic immigrant families. We work with children birth to age 8, and our current large project tests a promising intervention aimed at mitigating the effects of "toxic stress" on young children.</p>
Methodology	Biomarkers: Human and Animal Models
Clinical and special developmental populations	Child; Hispanic; Infant; Preschool
Contact email	Sarah.Watamura@du.edu
Faculty/Lab Website	http://www.du.edu/psychology/child_health_and_development/
Mentor since	4/1/2014