

HUMAN DEVELOPMENT RESEARCH REVIEW

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CONTENTS

- [HELP FACULTY and AFFILIATE](#)
- [BIOLOGY/NEUROBIOLOGY \(“early experiences”\)](#)
- [CHILDCARE, ECD SERVICES](#)
- [CHILD DEVELOPMENT \(GENERAL\)](#)
- [INDIGENOUS](#)
- [MIDDLE YEARS](#)
- [PARTNERSHIPS, HUBS, INTEGRATED SERVICES](#)
- [POLICY, PRACTICE, INTERVENTIONS](#)
- [SCREENING](#)
- [SOCIAL DETERMINANTS \(Income, Employment, Housing, Food Security, Inequity, etc\)](#)
- [SOCIOEMOTIONAL](#)
- [MEDIA](#)
- [SPECIAL](#)

Human Development Research Review: Aims and Scope

HELP’s Human Development Research Review (*HELP Reads*) aims to expand awareness of topics in human development, particularly social epigenetics, social determinants of health, socio-emotional learning, Aboriginal children and youth, and family policy. *HELP Reads* connects health academics, advocates, and professionals with online and publicly available research, news, and information. This review focuses on listing articles relevant to human development research activities at HELP. The review accepts and welcomes contributions provided they meet *HELP Reads* standards. This review is not official or peer reviewed. It does not cover all research, news, and information, and HELP is not responsible for the accuracy of the content from media or databases. How to access the items? Click on the link related to each entry and it should take you to the item. Not all links are open access; some are abstract links where paid journal subscription is required. HELP Reads is posted monthly; please see: www.earlylearning.ubc.ca/library/citations.

EDITOR PICKS

Helping children find calm in uncalm times

Kim Schonert-Reichl, Director, Human Early Learning Partnership

"Contextual and personal assets are central for early adolescents' emotional well-being."



Social and emotional learning: Supporting kids at home and school

"Gail Markin and Dr. Kimberly Schonert-Reichl unpack what parents and caregivers can do to support social and emotional (SEL) at home, as well as learn about the role of schools in promoting SEL"

Sex differences in the socioeconomic gradient of children's early development

Simon Webb, Eric Duku, Marni Brownell, Jennifer Enns, Barry Forer (right), Martin Guhn, Anita Minh, Nazeem Muhajarine, Magdalena Janus. *"Using an SES index comprising 10 socioeconomic variables, we show a significant cross-level interaction between neighbourhood SES and sex in relation to children's developmental outcomes: the neighbourhood SES gradient in child outcomes is steeper for males than for females..."*



Designing classrooms for diversity: fostering social inclusion

Shelley Hymel and Jennifer Katz

"...we present an overview of recent efforts to promote "universal design for learning" in education, which focuses on academic as well as social inclusion, in hopes that educators consider even broader approaches to celebrating diversity and teaching students to relate to others with acceptance and respect."



Reversal of epigenetic aging and immunosenescent trends in humans

Michael Kobor, Professor, Human Early Learning Partnership, and co-authors

"Epigenetic "clocks" can now surpass chronological age in accuracy for estimating biological age. Here, we use four such age estimators to show that epigenetic aging can be reversed in humans..."



More comprehensively measuring quality of life in life-threatening illness: the McGill Quality of Life Questionnaire – Expanded

Anne Gadermann and co-authors

"Use of MQOL-Expanded will enable a more holistic understanding of the quality of life of people with a life-threatening illness and the impact of treatments and interventions upon it....more.."



HUMAN DEVELOPMENT RESEARCH REVIEW

HELP FACULTY and AFFILIATE (selected publications)

1. Cohen S, Russell L, Leis A, Shahidi J, Porterfield P, Kuhl D, et al. More comprehensively measuring quality of life in life-threatening illness: the McGill Quality of Life Questionnaire – Expanded. *BMC Palliat Care*. 2019 10/01;18:92. Available from: <https://bmcpalliatcare.biomedcentral.com/articles/10.1186/s12904-019-0473-y>.
2. Fahy GM, Brooke RT, Watson JP, Good Z, Vasanaawala SS, Maecker H, et al. Reversal of epigenetic aging and immunosenescent trends in humans. *Aging Cell*. 2019;18(6):e13028. Available from: <https://onlinelibrary.wiley.com/doi/abs/10.1111/acer.13028>.
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4. Schonert-Reichl K. Heart-Mind 2019: “Helping Children Find Calm in Uncalm Times” [video]. Vancouver, BC: Dalai Lama Center for Peace and Education; 2019 Nov 21. Available from: <https://www.youtube.com/watch?v=KaI7dXkuyP0>.
5. Schonert-Reichl K, Markin G. Social and emotional learning: Supporting kids at home and school [podcast]. Vancouver, BC: British Columbia Children’s Hospital, Kelty Mental Health Resource Centre; 2019. Available from: <https://keltymentalhealth.ca/podcastsel>.
6. Webb S, Duku E, Brownell M, Enns J, Forer B, Guhn M, et al. Sex differences in the socioeconomic gradient of Children’s early development. *SSM - Population Health*. 2019 2019/11/15/:100512. Available from: <http://www.sciencedirect.com/science/article/pii/S2352827319301314>.
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HELP RESOURCES

BIOLOGY/NEUROBIOLOGY (“early experiences”)

1. Fahy GM, Brooke RT, Watson JP, Good Z, Vasanaawala SS, Maecker H, et al. Reversal of epigenetic aging and immunosenescent trends in humans. *Aging Cell*. 2019;18(6):e13028. Available from: <https://onlinelibrary.wiley.com/doi/abs/10.1111/acer.13028>.
2. Hartkopf J, Moser J, Schleger F, Preissl H, Keune J. Changes in event-related brain responses and habituation during child development – A systematic literature review. *Clin Neurophysiol*. 2019 2019/10/14/. Available from: <http://www.sciencedirect.com/science/article/pii/S1388245719312271>.
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5. Kuijper B, Hanson MA, Vitikainen EIK, Marshall HH, Ozanne SE, Cant MA. Developing differences: early-life effects and evolutionary medicine. *Philos Trans R Soc Lond B Biol Sci*. 2019 Apr 15;374(1770):20190039. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/30966882>.
6. Lähdepuro A, Savolainen K, Lahti-Pulkkinen M, Eriksson JG, Lahti J, Tuovinen S, et al. The Impact of Early Life Stress on Anxiety Symptoms in Late Adulthood. *Sci Rep*. 2019 2019/03/13;9(1):4395. Available from: <https://doi.org/10.1038/s41598-019-40698-0>.
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10. Phua DY, Kee MZL, Meaney MJ. Positive Maternal Mental Health, Parenting and Child Development. *Biol Psychiatry*. 2019 2019/10/16/. Available from: <http://www.sciencedirect.com/science/article/pii/S0006322319317780>.
11. Sbihi H, Boutin RCT, Cutler C, Suen M, Finlay BB, Turvey SE. Thinking bigger: How early-life environmental exposures shape the gut microbiome and influence the development of asthma and allergic disease. *Allergy*. 2019 11//;74(11):2103-15. Available from: <https://onlinelibrary.wiley.com/doi/full/10.1111/all.13812>.
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CHILDCARE, ECD SERVICES

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CHILD DEVELOPMENT (GENERAL)

1. Charles M, Bellinson J, editors. The Importance of Play in Early Childhood Education. Psychoanalytic, Attachment, and Developmental Perspectives. London, UK: Routledge; 2019. Available from: <https://doi.org/10.4324/9781315180090>.
2. Creekpau S. Chapter 1. Child development through play. In: Charles M, Bellinson J, editors. The Importance of Play in Early Childhood Education Psychoanalytic, Attachment, and Developmental Perspectives. London, UK: Routledge; 2019. Available from: <https://www.taylorfrancis.com/books/e/9781315180090/chapters/10.4324/9781315180090-2>.
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Language, Literacy

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3. Zhang S-Z, Inoue T, Shu H, Georgiou GK. How does home literacy environment influence reading comprehension in chinese? Evidence from a 3-year longitudinal study. *Reading and Writing: An Interdisciplinary Journal*. 2019. Available from: <https://link.springer.com/article/10.1007/s11145-019-09991-2>.

INDIGENOUS

1. Assembly of First Nations, University of Ottawa, Université de Montréal. First Nations Food, Nutrition and Environment Study [draft]2019 Nov 7. Available from: <https://www.afn.ca/2019/11/07/decade-long-mega-study-finds-barriers-to-access-to-healthy-traditional-foods-are-eroding-food-security-for-first-nations/>.
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6. Martinez MM, Armenta BE. Trajectories of Depressive Symptoms Among North American Indigenous Adolescents: Considering Predictors and Outcomes. *Child Dev.n/a(n/a)*. Available from: <https://srcd.onlinelibrary.wiley.com/doi/abs/10.1111/cdev.13268>.
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MIDDLE YEARS

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PARTNERSHIPS, HUBS, INTEGRATED CENTRES/SERVICES

1. Valentine JC, Leach SM, Fowler AP, Stojda DK, Macdonald G. Families and Schools Together (FAST) for improving outcomes for children and their families. *Cochrane Database of Systematic Reviews*. 2019(7). Available from: <https://doi.org/10.1002/14651858.CD012760.pub2>.

POLICY, PRACTICE, INTERVENTIONS

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SCREENING (tools, methods, school readiness, etc)

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SOCIAL DETERMINANTS

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SOCIOEMOTIONAL

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MEDIA (HELP general)

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SPECIAL (Children's Environmental Health)

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