



PennState



Join the **PRESH** Project!

A research study for parents and caregivers of two-year-olds

What is the project about? PRESH stands for **Parent Regulation, Engagement, Stress, and Health**. The goal of the PRESH Project is to learn more about parent stress and discipline with young, hard-to-manage children so we can better support parents.

Who can participate? Parents and caregivers with hard-to-manage two-year-old children.

What will I do? We will ask you to answer questions, complete tasks, and play games with your child during one online visit and one office visit one year apart when your child is two and three years old. At the office, we will use sticker sensors to measure heart rate and breathing. We will also ask you to fill out online questionnaires when your child is four and five years old.




Will I be paid for my time? Families can earn up to \$115 for the first online session and \$165 for the second office visit, and \$25 for online surveys. In total, families can earn up to \$260 if one caregiver participates, or \$390 if two caregivers participate. Children receive a few small prizes.

Who is conducting this research? This research is being conducted by Dr. Erika Lunkenheimer's team in the Psychology Department at Penn State. You will meet with friendly students and staff who have worked with children and families before.

Want to learn more or volunteer? Contact our team:



Scan this code with the camera on your phone to be directed to a brief online survey where you can answer a few questions about your family to determine if you qualify!

Find us on  [@PRESHProject](https://www.facebook.com/PRESHProject) or go to [facebook.com/PRESHProject](https://www.facebook.com/PRESHProject)

Harrisburg office: Please call or text (717) 884-9866 or email hbg.presh@gmail.com

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