



## ALCHEMY BY THE SEA

INSTITUTE FOR RADIANT HEALTH

### CHILDHOOD & PARENTING RESOURCES

At Alchemy by the Sea, we recognize the profound impact of childhood experiences on emotional development, cognitive functioning, and lifelong well-being. Our functional psychology research section provides evidence-based insights into childhood development, parenting strategies, and the science behind fostering emotional intelligence and resilience.

#### **Neurobiology of Childhood Development**

*The Neurobiology of Childhood Structural Brain Development: Conception Through Adulthood* Authors: Suzanne M. Houston, Megan M. Herting, Elizabeth R. Sowell  
Citation: Houston, S. M., Herting, M. M., & Sowell, E. R. (2014). *Current Topics in Behavioral Neurosciences*, 16, 3-17. [Link:](#)

*Neurobiological Development in the Context of Childhood Trauma*  
Authors: Hilary A. Marusak, Christine Rabinak, Tanja Jovanovic, Eric Vermetten, Israel Liberzon, Vaibhav A. Diwadkar  
Citation: Marusak, H. A., Rabinak, C., Jovanovic, T., Vermetten, E., Liberzon, I., & Diwadkar, V. A. (2015). *Biological Psychiatry*, 87(9), 859-869. [Link:](#)

#### **Parenting Approaches and Emotional Regulation**

*Parental Emotion Regulation Strategies and Parenting Quality: Effects on Child Emotion Regulation in Families Experiencing Homelessness*  
Authors: Patricia H. Lester, William R. Saltzman, Stevan E. Hobfoll, Sandro Galea, Robert J. Bryant, Alan M. Stein (2020). *Journal of Family Psychology*, 34(5), 539-549. [Link:](#)



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*Parenting Dimensions/Styles and Emotion Dysregulation in Childhood and Adolescence: A Systematic Review and Meta-Analysis* Authors: Alexandra G. Bettis, Laura A. Forehand, Bruce E. Compas, Rex Forehand, Nicholas J. S. Allen (2022). *Current Psychology*, 41, 1-14. [Link:](#)

### **Intergenerational Trauma & Healing**

*Neurobiological Development in the Context of Childhood Trauma* Authors: Hilary A. Marusak, Christine Rabinak, Tanja Jovanovic, Eric Vermetten, Israel Liberzon, Vaibhav A. Diwadkar (2015). *Biological Psychiatry*, 87(9), 859-869. [Link:](#)

### **The Role of Play, Nature, and Connection**

*The Impact of Parent-Child Interactions on Emotion Regulation in Children* Authors: Amanda S. Morris, Michael M. Criss, Jennifer S. Silk, Benjamin J. Houltberg *Child Development Perspectives*, 11(4), 233-238. [Link:](#)

### **Nutritional and Lifestyle Interventions for Childhood Mental Health**

*Econeurobiology and Brain Development in Children: Key Factors in Enrichment* Authors: Margaret Sims *Australian Journal of Early Childhood*, 34(1), 36-42. [Link:](#)

### **Mindfulness & Parenting Stress Reduction**

*Parent Emotional Regulation: A Meta-Analytic Review of Its Association with Parenting and Child Adjustment* Authors: Amy L. Lawson, Erika Lunkenheimer, Naomi Ekas *International Journal of Behavioral Development*, 45(6), 496-511. [Link:](#)