

# Stillwater Intensive Longitudinal Investigation on Self-Regulation in Preschoolers Project: A Community Report

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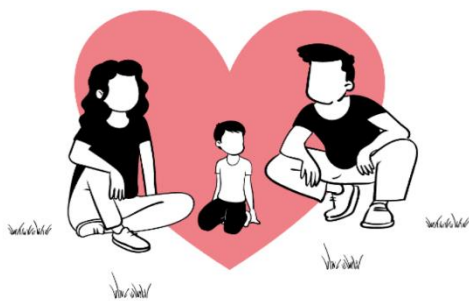
## Acknowledgements

We want to thank everyone who participated in our study. We also thank Child Development Lab at OSU, Oak Tree Children's Academy, the Renaissance School at Sangre, the Renaissance School at Richmon, Stillwater Head Start & Early Head Start, Prairie Arts Center, Stillwater Public Library, Early Childhood Development Center at St. Francis Xavier, Stillwater Chinese School, Stillwater YMCA, Our Daily Bread, OSU Family Resource Center, and other community groups for their dedication to serving our community and for supporting our research. To our participants, your involvement is invaluable to our research, the well-being of families, and the betterment of our communities. Thank you for being part of our study and for your continued support! We also want to thank our students who dedicated time to this project.

## *StILI-SiP* Project Background

Caring for young children can be hard because of the emotional and physical labor it requires. It can be especially challenging because parents juggle other responsibilities in their lives. Therefore, it is extremely important to care for parents and other caregivers! Positive and compensatory experiences (**PACEs**), such as feeling loved, exercising, following routines, and enjoying a hobby, may promote parents' mental health and offset stress.

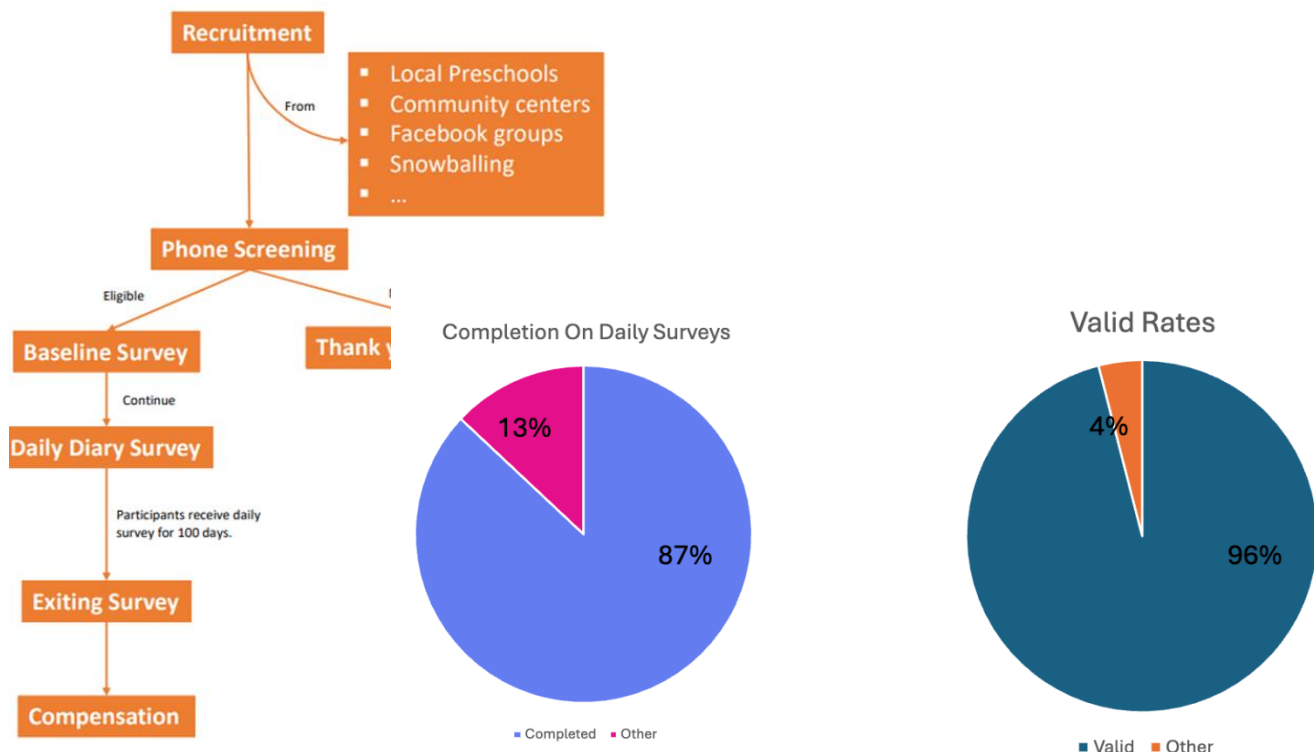
The *StILI-SiP* project explores how parental daily **PACEs** can contribute to better parenting and better child daily behaviors. Parents' daily **PACEs** may predict better mental health and parenting practices. With this information, we can build intergenerational resilience in families one day at a time. In 2024, we started data collection in Stillwater and nearby communities. Two years later, we are sharing some interesting findings.



## Community Participation

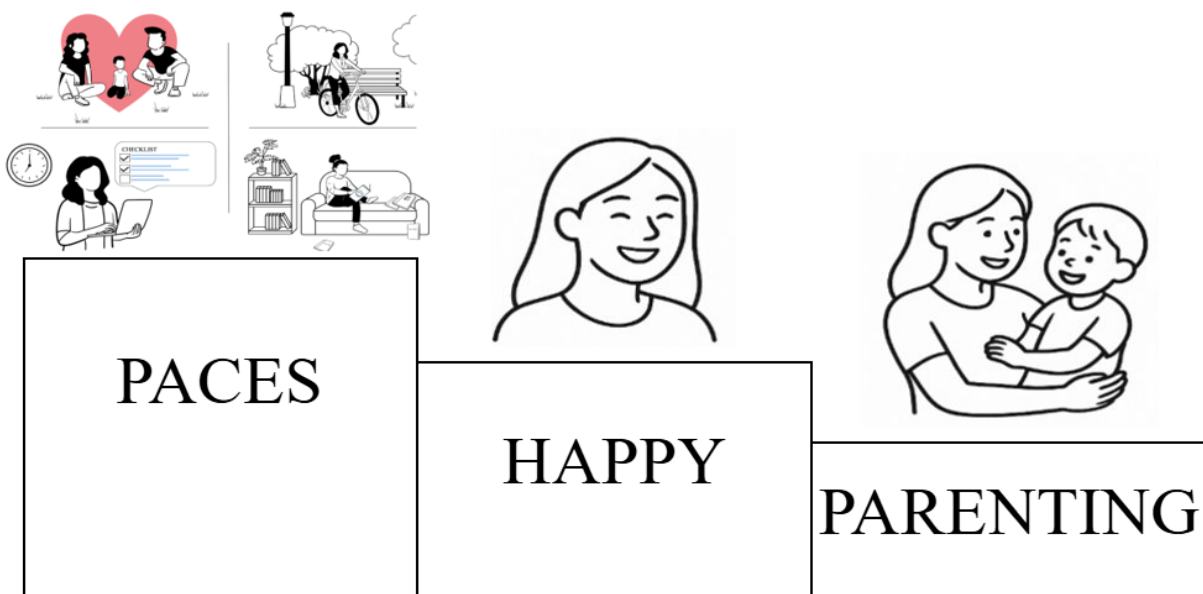
We recruited families with children between 3 and 5 years old from Stillwater and nearby communities. Forty-one parents took part in this study, and thirty-nine of them participated in the 100-day daily survey study. Parents received texts on their phones every day at 6 PM. The text contained a link to a quick survey. Parents completed this quick survey about themselves and their children for 100 days!

*Participants put an incredible amount of effort into the study! We are deeply grateful for the community's involvement in our study!* The completion rate of this study is impressive! On average, parents completed 87% of the 100 daily surveys. Among the survey responses, the validity rate was 96%. These numbers mean that parents answered thoughtfully and honestly. *Participating parents truly showed amazing engagement and commitment!*



## Daily PACEs Promote Parenting Through Elevated Mental Health

One scientific paper from the *StILI-SiP* project revealed a link between parental daily positive experiences and mental health. When parents had more positive experiences, they experienced less stress and depressive feelings. This way, they were less likely to get frustrated with their children. In the meantime, the parents were more responsive to their children's needs. It is important to care for caregivers. *Parents need to take care of their mental health to be good parents. Connecting with loved ones, exercising, following a routine, and having a hobby may help parents be better parents!*



## Parent-Child Interaction Is Unique to Each Family

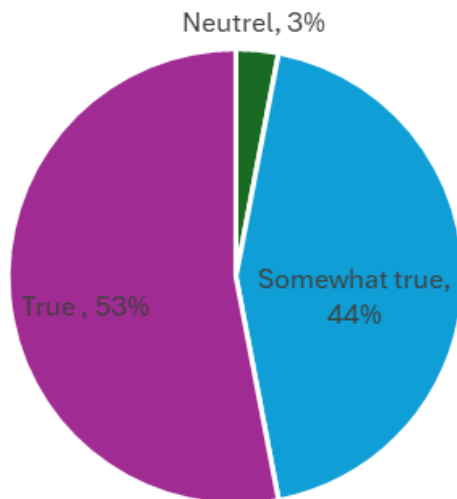
Another scientific paper found a daily back-and-forth connection between parents and their children. Scientific studies often emphasize the influence of parents on their children. However, children can influence their parents too! In *StILI-SiP*, we found that if a parent were more responsive to their child today, their child would behave better the next day. ***On the other hand, when a child behaved better today, their parents were less frustrated with them the next day.*** However, this pattern may not be true for every family!

Indeed, in *StILI-SiP*, each family demonstrated a different back-and-forth connection between parents and their children. For some families, parental frustration and child behaviors had a back-and-forth connection. For other families, there was no link between parental frustration and child behaviors. These findings told us that there is no one-size-fits-all parenting advice. ***It is important for families as well as future educators to know that each family is unique and that they need personalized support.***

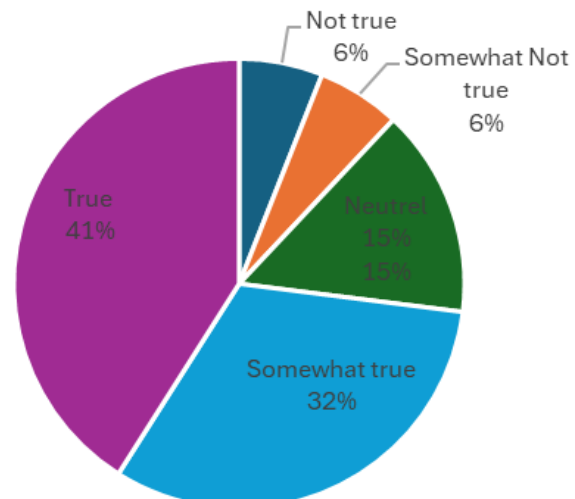


## Participating Experiences

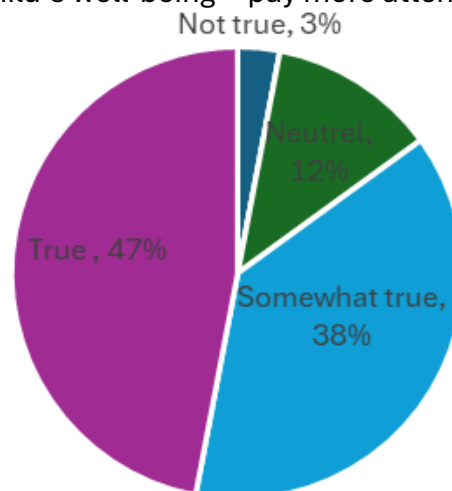
After completing the study, participants responded to a survey about their participation experiences. *Most participants agreed that participating in the StILI-SiP Study made them pay more attention to their children's well-being and their own well-being. Most participants also agreed that the daily surveys captured important aspects of their family life.*



1) Completing the daily survey made me pay more attention to my child's well-being



2) Responding to the daily survey made me pay more attention to my well-being



3) This daily survey captured important aspects of my child's family life