

**Lauren E. Philbrook**

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Auburn, AL 36849

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**EDUCATION**

Ph.D.

Human Development and Family Studies  
The Pennsylvania State University, December 2015  
*Dissertation: Longitudinal associations between parenting and infant regulation*  
Advisor: Dr. Douglas Teti

M.S.

Human Development and Family Studies  
The Pennsylvania State University, May 2012  
*Thesis: Maternal emotional availability at bedtime, quality of co-parenting, infant temperament, and infant diurnal cortisol at 1 and 3 months*  
Advisor: Dr. Douglas Teti

B.A.

Psychology, Neuroscience Concentration  
Williams College, June 2009  
Honors in Psychology  
*Thesis: Quality of maternal caregiving and infant autonomic and neuroendocrine response to stress at ages six weeks and six months*  
Advisor: Dr. Amie Ashley Hane

**RESEARCH EXPERIENCE**

July 2015-Present

Postdoctoral Fellow  
Child, Sleep, Health & Development Laboratory  
Auburn University  
Principal Investigator: Dr. Mona El-Sheikh

January 2011-June 2015

Graduate Research Assistant  
Emotion Development Laboratory  
The Pennsylvania State University  
Principal Investigator: Dr. Kristin Buss

August 2009-June 2015

Graduate Research Assistant  
SIESTA (Study of Infants' Emergent Sleep Trajectories) Laboratory  
The Pennsylvania State University  
Principal Investigator: Dr. Douglas Teti

## HONORS AND AWARDS

March 2015	Harold F. Martin Outstanding Teaching Award
April 2013	Society for Research in Child Development Travel Award
Spring 2011-Fall 2012	Early Childhood Mental Health Fellowship
Fall 2009-Spring 2010	University Graduate Fellowship
Fall 2009	Hintz Family Award

## PEER-REVIEWED PUBLICATIONS

- Philbrook, L.E.**, Hozella, A.C, Kim, B-R, Jian, N., Shimizu, M., & Teti, D.M. (2014). Maternal emotional availability at bedtime and infant cortisol at 1 and 3 months. *Early Human Development*, 90, 595-605. doi: 10.1016/j.earlhumdev.2014.05.014
- Kim, B-R, Stifter, C.A., **Philbrook, L.E.**, & Teti, D.M. (2014). Infant emotion regulation: Relations to bedtime emotional availability, attachment security, and temperament. *Infant Behavior & Development*, 37, 480-490. doi: 10.1016/j.infbeh.2014.06.006
- Hane, A.A. & **Philbrook, L.E.** (2012). Beyond licking and grooming: Maternal regulation of infant stress in the context of routine care. *Parenting: Science and Practice*, 12, 144-153. doi: 10.1080/15295192.2012.683341

## INVITED CHAPTERS

- Buss, K.A., Morales, S.M., Cho, S., & **Philbrook, L.E.** (2015). A biopsychosocial framework of the impact of infant temperament on socioemotional development. In S.D. Calkins (Ed.), *Handbook of Infant Development: A Biopsychosocial Perspective*. Guilford Publications.
- Teti, D.M., **Philbrook, L.E.**, Shimizu, M., Reader, J.M., Rhee, H-Y, McDaniel, B.T., Crosby, B.K., Kim, B-R, Jian, N. (2015). The social ecology of infant sleep: Structural and qualitative features of bedtime and nighttime parenting and infant sleep in the first year. In S.D. Calkins (Ed.), *Handbook of Infant Development: A Biopsychosocial Perspective*. Guilford Publications.

## SUBMITTED MANUSCRIPTS

- Philbrook, L.E.** & Teti, D.M. (under review at a peer-reviewed journal). Bidirectional associations between bedtime parenting and infant sleep: Parenting quality, parenting practices, and their interaction.

## PRESENTATIONS

### *Oral Presentations:*

Davis, E.L., Cho, S., **Philbrook, L.E.**, Scrimgeour, M.B., & Buss, K.A. (2013, April). Cardiac Physiology in the Context of Parenting: Maternal emotionality and children's RSA. Paper presented at the Society for Research in Child Development Conference, Seattle, WA.

Teti, D.M., Reader, J.M., **Philbrook, L.E.**, Rhee, H.Y., McDaniel, B.T., Kim, B-R, & Jian, N. (2013, April). Bedtime and nighttime parenting of infants during the first six months of life and infant sleep quality. Paper presented at the Society for Research in Child Development Conference, Seattle, WA.

McDaniel, B.T., **Philbrook, L.E.**, & Teti, D.M. (2012, November). Becoming parents: Coparenting quality and salivary cortisol. Paper presented at the National Council on Family Studies Conference, Phoenix, AZ.

Teti, D.M., Kim, B-K, Mayer, G.E., McDaniel, B.T., **Philbrook, L.E.**, Rhee, H.Y., Shimizu, M.O., Whitesell, C.J., & Crosby, B.K. (2012, June). Bedtime parenting vs. infant sleep quality in the first year of life: Predicting infant-mother attachment and behavior problems at 12 months. Paper presented at the International Conference on Infant Studies, Minneapolis, MN.

Hane, A.A. & **Philbrook, L.E.** (2011, March). Maternal regulation of infant stress in the context of routine caregiving tasks. Paper presented at the Society for Research in Child Development Conference, Montreal, CA.

### *Poster Presentations:*

**Philbrook, L.E.**, Jian, N., Kim, B-R, McDaniel, B.T., Reader, J.M., Rhee, H-Y, & Teti, D.M. (2015, March). Influences and interactions of parenting practices and quality at bedtime on infant sleep quality across the first six months. Poster presented at the Society for Research in Child Development Conference, Philadelphia, PA

Shimizu, M.O., Teti, D.M., Kim, B-R, & **Philbrook, L.E.** (2015, March). Are 9-to-12 month increases in infant sleep disruption an index of healthy attachment development? Poster presented at the Society for Research in Child Development Conference, Philadelphia, PA.

Younkins, L.B., **Philbrook, L.E.**, Morales, S., Bandon, A.Y., & Buss, K.A. (2015, March). The relationship between cooperative coparenting and academic functioning and the moderating role of inhibition. Poster presented at the Society for Research in Child Development Conference, Philadelphia, PA.

Morales, S., Younkins, L.B., **Philbrook, L.E.**, & Buss, K.A. (2014, September). Longitudinal relations between exuberant temperament and academic functioning: The role of RSA reactivity. Poster presented at the Annual Meeting of the Society for Psychophysiological Research, Atlanta, GA.

**Philbrook, L.E.** & Buss, K.A. (2014, September). Toddler shyness and cortisol reactivity predict maternal emotion socialization at 5 years. Poster presented at the Annual Meeting of the Society for Psychophysiological Research, Atlanta, GA.

Barrios, C.S., **Philbrook, L.E.**, Cardoos, A., Holsti, L., & Hane, A.A. (2013 April). The baby in the bath water: Associations among maternal caregiving, neonatal somatic discomfort, and stress reactivity during bathing and dressing. Poster presented at the Society for Research in Child Development Conference, Seattle, WA.

**Philbrook, L.E.**, Davis, E.L., & Buss, K.A. (2013, April). Maternal expressed emotion and child temperament predict RSA in early childhood. Poster presented at the Society for Research in Child Development Conference, Seattle, WA.

**Philbrook, L.E.**, Hozella, A.C., & Teti, D.M. (2013, April). Attachment, temperament, sleep quality, and infant diurnal cortisol at 12 months. Poster presented at the Society for Research in Child Development Conference, Seattle, WA.

**Philbrook, L.E.**, Cho, S., Davis, E.L., & Buss, K.A. (2012, June). Sleep quality and RSA predict internalizing and externalizing in toddlerhood. Poster presented at the International Conference on Infant Studies, Minneapolis, MN.

**Philbrook, L.E.**, Hozella, A.C., Kim, B-K, & Teti, D.M. (2012, June). Maternal emotional availability, co-parenting quality, infant temperament, and infant diurnal cortisol at 3 months. Poster presented at the International Conference on Infant Studies, Minneapolis, MN.

**Philbrook, L.E.**, Rhee, H.Y., & Teti, D.M. (2011, March). Quality of co-parenting, bedtime parenting, and infant cortisol regulation at 1 and 3 months. Poster presented at the Society for Research in Child Development Conference, Montreal, CA.

**Philbrook, L.E.**, Weber, S.R., & Hane, A.A. (2010, March). Relations among sympathetic, parasympathetic, and neuroendocrine responses to a modified still-face paradigm: A preliminary analysis. Poster presented at the International Conference on Infant Studies, Baltimore, MD.

## **TEACHING EXPERIENCE**

Summer 2014	Co-instructor, The Pennsylvania State University HDFS 229: Infant and Child Development Co-instructor: Susan Doughty, M.S
Summer 2013	Co-instructor, The Pennsylvania State University HDFS 312W: Empirical Inquiry in Human Development Co-instructor: Susan Doughty, M.S.
Summer 2012	Co-instructor, The Pennsylvania State University HDFS 229: Infant and Child Development Co-instructor: Brandon McDaniel, M.S.

## **TEACHING ASSISTANT EXPERIENCE**

Spring 2014	Teaching Assistant, The Pennsylvania State University HDFS 429: Advanced Child Development Instructor: Dr. Sarah Kollat
Fall 2014	Teaching Assistant, The Pennsylvania State University HDFS 229: Infant and Child Development Instructor: Dr. Sarah Kollat
Spring 2013	Teaching Assistant, The Pennsylvania State University HDFS 414: Resolving Human Development & Family Problems Instructor: Dr. Sherry Corneal
Spring 2013	Teaching Assistant, The Pennsylvania State University HDFS 429: Advanced Child Development Instructor: Dr. Sarah Kollat
Fall 2013	Teaching Assistant, The Pennsylvania State University HDFS 312W: Empirical Inquiry in Human Development Instructor: Dr. Sherry Corneal
Spring 2013	Teaching Assistant, The Pennsylvania State University HDFS 129: Introduction to Human Development Instructor: Dr. Sherry Corneal
Fall 2012	Teaching Assistant, The Pennsylvania State University HDFS 312W: Empirical Inquiry in Human Development Instructor: Dr. Sherry Corneal
Fall 2011	Teaching Assistant, The Pennsylvania State University HDFS 229: Infant and Child Development Instructor: Dr. Sarah Kollat

**INVITED GUEST LECTURES**

Philbrook, L.E. (2015). Associations between infant attachment and physiology. Guest Lecture for HDFS 412: Adult-Child Relationships. University Park, PA. April 2, 2015.

Philbrook, L.E. (2014). Physiology and the infant-caregiver relationship. Guest Lecture for HDFS 428: Advanced Infant Development. University Park, PA. October 8, 2014.

Philbrook, L.E. (2014). Parenting. Guest Lecture for HDFS 418: Family Relationships. University Park, PA. September 16, 2014.

Philbrook, L.E. (2013). Attachment. Guest Lecture for HDFS 129: Introduction to Human Development. University Park, PA. July 9, 2013.

Philbrook, L.E. (2013). Attachment. Guest Lecture for HDFS 129: Introduction to Human Development. University Park, PA. May 22, 2013.

Philbrook, L.E. (2013). Development of emotions and emotion regulation. Guest Lecture for HDFS 330: Observation and Experience with Young Children. University Park, PA. April 2, 2013.

Philbrook, L.E. (2013). Parenting and infant sleep. Guest Lecture for HDFS 229: Infant and Child Development. University Park, PA. January 31, 2013.

Philbrook, L.E. (2012). Attachment. Guest Lecture for HDFS 129: Introduction to Human Development. University Park, PA. May 21, 2012.

Philbrook, L.E. (2012). Parenting and infant sleep. Guest Lecture for HDFS 229: Infant and Child Development. University Park, PA. March 20, 2012.

Philbrook, L.E. (2012). Physiology and the infant-caregiver relationship. Guest Lecture for HDFS 229: Infant and Child Development. University Park, PA. July 26, 2012.

Philbrook, L.E. (2011). Physiology and the infant-caregiver relationship. Guest Lecture for HDFS 229: Infant and Child Development. University Park, PA. May 25, 2011.

**PROFESSIONAL SERVICE**

2014-2015	Human Development and Family Studies Child Maltreatment Faculty Search Committee, Student Representative
2013-2014	Human Development and Family Studies Admissions Committee, Student Representative
2012-2013	Human Development and Family Studies Steering Committee, Alumni Chair
2011-2012	Human Development and Family Studies Steering Committee, Graduate Student Association Representative
2010-2011	Human Development and Family Studies Steering Committee, Community Outreach Co-Chair

**AD-HOC JOURNAL REVIEWS**

*Developmental Psychobiology*  
*Infant and Child Development*  
*Infant Mental Health Journal*  
*Journal of Family Psychology*

**PROFESSIONAL AFFILIATIONS**

The International Society on Infant Studies  
Society for Psychophysiological Research  
Society for Research in Child Development