

Holly Hatton

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United States

Associate Professor and Early Childhood
Extension Specialist IMH-E®, Infant Mental
Health Mentor

Associate Professor and Early Childhood Extension Specialist (IMH-E, Infant Mental Health Mentor) with 20+ years advancing early learning, educator well-being, and family partnerships through research-to-practice leadership. Principal/co-investigator on \$7M+ in competitive funding and author of 40+ peer-reviewed and practitioner publications (e.g., *Developmental Psychology*, *Early Childhood Research Quarterly*, *Mindfulness*, *Young Children*). Creator of CHIME, an 8-week mindfulness and social-emotional learning program; recognized for expertise in reflective practice, coaching, and workforce well-being with national and international keynotes and invited talks. Known for translating mixed-methods and implementation science into scalable solutions for Head Start and early childhood systems.

EDUCATION

Ph.D.	2012
University of California, Davis	
Human Development	
M.S.	2005
University of California, Davis	
Child Development	
B.S.	2002
California Polytechnic University, San Luis Obispo	
Psychology	

ACADEMIC AND PROFESSIONAL EXPERIENCE

Associate Professor and Early Childhood Extension Specialist, Department of Child, Youth and Family Studies, University of Nebraska, Lincoln (Promoted to Associate Professor in 2023). **2016 — Present**
Lincoln

Academic Administrator, University of California, Davis Extension **2012 — 2015**

Senior Researcher, University of California Davis, Extension **2009 — 2012**

Early Childhood Educator and Home Visitor, CommuniCare Health Centers **2003 — 2009**
Sacramento

FUNDING

External Grants Funded

Knowledge Network for Early Childhood Education Workforce **2025 — 2026**

U.S. Department of Education (sub-award), \$429,788. Project Title: Knowledge Network for Early Childhood Education Workforce (KNEW). Role: PI

Knowledge Network for Early Childhood Education Workforce **2024 — 2025**

U.S. Department of Education (sub-award), \$429,788. Project Title: Knowledge Network for Early Childhood Education Workforce (KNEW). Role: PI

Rest and Healing for Teachers and CHIME for Teachers and Families

2023 — 2024

Nebraska Department of Education, Nebraska Children and Families Foundation (sub-award), \$77,5000. Project Title: Rest and Healing for Teachers and CHIME for Teachers and Families. Role: PI

CHIME for Teachers and Families

2022 — 2023

Nebraska Department of Education, Nebraska Children and Families Foundation (sub-award), \$77,5000. Project Title: CHIME for Teachers and Families. Role: PI

Mindfulness and Social-Emotional Learning

2022 — 2023

Federal Preschool Development Grant Birth through Five. US Department of Education (sub-award with Nebraska Children and Families Foundation), \$141,316. Project Title: Mindfulness and Social-Emotional Learning. Role: PI

Cultivating Healthy Intentional Mindful Educators (CHIME): Evaluating the Use of Mindfulness and Compassion to Promote Early Head Start/Head Start Education Staffs' Well-Being Role

2022 — 2023

Administration for Children and Families-OPRE, Head Start University Partnerships: Building the Evidence Base for ECE Workforce Well-Being. \$1,998,710.00

Project Title:: *Cultivating Healthy Intentional Mindful Educators (CHIME): Evaluating the Use of Mindfulness and Compassion to Promote Early Head Start/Head Start Education Staffs' Well-Being*
Role, PI (Co-PIs: Clark, C. & Knoche, L., Co-Is: Sheridan, S., Parra, G., & Yellow Bird, M.)

Children Affected by Methamphetamine Project

2017 — 2019

Substance Abuse and Mental Health Administration (SAMSHA), \$550,000. Project Title: Children Affected by Methamphetamine Project (Primary author of the grant proposal awarded for \$1,500,000 to improve parenting practices). Role: Co-Principal Investigator

Evaluating a New Child Social Worker Training Program: Safety Organized Practice

2017 — 2018

Casey Family Programs, \$40,000. Project Title: Evaluating a New Child Social Worker Training Program: Safety Organized Practice. Role: Principal Investigator

Nurturing Parent Program and Video Reflection for Parents Involved in Child Welfare Services
Yolo County, California

Child Welfare Services Parenting Classes Grant, Yolo County California, \$25,000. Project Title: Nurturing Parent Program and Video Reflection for Parents Involved in Child Welfare Services. Project Role: Principal Investigator

Creating an Early Care Program for Families Impacted by Substance Abuse

2008 — 2009

First Five Yolo County Grant for Early Childhood Program Involvement, California, \$25,000. Project Title: Creating an Early Care Program for Families Impacted by Substance Abuse. Role: Principal Investigator

CHIME for Teachers and Families

2022 — 2023

Nebraska Department of Education, Nebraska Children and Families Foundation (sub-award), \$77,5000. Project Title: CHIME for Teachers and Families. Role: PI

Mindfulness and Social-Emotional Learning	2022 — 2023
Federal Preschool Development Grant Birth through Five. US Department of Education (sub-award with Nebraska Children and Families Foundation), \$141,316. Project Title: Mindfulness and Social-Emotional Learning. Role: PI	
Choosing Quality Childcare: Essential Guide	2022 — 2023
Federal Preschool Development Grant Birth through Five. US Department of Education (sub-award) \$28,984. Project Title: Choosing Quality Childcare: Essential Guide. Role: PI (Co-PI: Foged, J.)	
Increasing Teaching Well-being in Nebraska with CHIME	2022 — 2023
Federal Preschool Development Grant Birth through Five. US Department of Education (sub-award) \$92,957. Title: Increasing Teaching Well-being in Nebraska with CHIME. Role: PI	
Resource Toolkit to Support the Wellness of Extension Employees Following a Natural Disaster 2019 — 2021	
USDA – National Institute of Food and Agriculture \$137,618. Project Title: Resource Toolkit to Support the Wellness of Extension Employees Following a Natural Disaster. Role: Principal Investigator, (Co-PI: Parra, G., Wheeler, L., & Krehbiel, M.)	
Food Systems, Health, and Well-being: Understanding Complex Relationships and Dynamics of Change	2017 — 2019
USDA, National Institute of Food and Agriculture, NC-1196 Multi-State Research Project. Funds \$374,999. Project Title: Food Systems, Health, and Well-being: Understanding Complex Relationships and Dynamics of Change. Role: Co-PI (PI: Dev, D)	
Quality, Affordable Child Care as Economic Development in Rural	2017 — 2018
North Central Regional Center for Rural Development Small Grants \$25,000. Project Title: Quality, Affordable Child Care as Economic Development in Rural. Role: Co-PI (PI: Bradford, W.)	
Child Care and Youth Training and Technical Assistance Project	2017 — 2018
United States Department of Agriculture: National Institute of Food and Agriculture, \$67,197. Project Title: Child Care and Youth Training and Technical Assistance Project. Role: Principal Investigator.	
Examining the Fidelity of Safety Organized Practice for Social Workers	2016 — 2017
Casey Family Program, \$8,600. Project Title: Examining the Fidelity of Safety Organized Practice for Social Workers. Role: Principal Investigator	
Champions of Safety Organized Practice: Development of Practice Profiles as a Tool for Supervisor to Coach Child Welfare Workers	2016 — 2017
Casey Family Programs, \$25,000. Project Title: Champions of Safety Organized Practice: Development of Practice Profiles as a Tool for Supervisor to Coach Child Welfare Workers. Role: Principal Investigator	
Children Affected by Methamphetamine Project	2016 — 2017
Substance Abuse and Mental Health Administration (SAMSHA), \$550,000. Project Title: Children Affected by Methamphetamine Project (Primary author of the grant proposal awarded for \$1,500,000 to improve parenting practices). Role: Co-Principal Investigator	
Evaluating a New Child Social Worker Training Program: Safety Organized Practice	2016 — 2017
	Jan. 2025, Page

Casey Family Programs, \$40,000. Project Title: Evaluating a New Child Social Worker Training Program: Safety Organized Practice. Role: Principal Investigator

Nurturing Parent Program and Video Reflection for Parents Involved in Child Welfare Services **2016 — 2017**

Yolo County, California

Child Welfare Services Parenting Classes Grant, Yolo County California, \$25,000. Project Title: Nurturing Parent Program and Video Reflection for Parents Involved in Child Welfare Services. Role: Principal Investigator

Creating an Early Care Program for Families Impacted by Substance Abuse **2010 — 2014**

California

First Five Yolo County Grant for Early Childhood Program Involvement, California, \$25,000. Project Title: Creating an Early Care Program for Families Impacted by Substance Abuse. Role: Principal Investigator

Internal Grants Funded

Grand Challenges Catalyst Grant **2024 — 2028**

Lincoln, NE

University of Nebraska-Lincoln, Grand Challenges Catalyst Grant, \$2,667,222. Project Title: Transforming Environments: Promoting Children's Health, Development and Learning Indoors, Outdoors, and Beyond. Role: Co-I (Lead PI - Anne R. Schutte, Sarah Karle, Co-PI)

Grand Challenges Catalyst Grant **2024 — 2028**

Lincoln, NE

University of Nebraska-Lincoln, Grand Challenges Catalyst Grant, \$3,955,830. Title: Inspiring Outcomes for Children through Equitable Early Childhood Education Experiences (E4). Role: Co-PI

Grand Challenges Planning Grant **2022 — 2024**

Lincoln, NE

University of Nebraska-Lincoln, Grand Challenges Planning Grant: \$148,226. Project Title: RISE with Insects (Resilience Ignited through Science and Ethics). Role: Co-PI

Contracted Grants

Head Start Needs Assessment and Improvements **Jan 2016 — Jan 2017**

Nebraska

Nebraska Child Care Provider Handbook Redesign **Jan 2022 — Jan 2023**

Nebraska

HSSCO Needs Assessment **Jan 2023 — Jan 2024**

Nebraska

Delivering the CHIME program **Jan 2023 — Jan 2024**

Nebraska

Cultivating Health Intentional Mindful Educators Working in Head Start **Jan 2023 — Jan 2024**

Nebraska

Head Start Needs Assessment **Jan 2022 — Jan 2023**

Nebraska

Grants, Not Awarded Since 2016

EAT for Prevention Multi-level System for Improving Young Children's Dietary Intake: A Rural Family Child Care Home Randomized Effectiveness-Implementation Trial 2022

NIH R01 Dissemination and Implementation Science (\$2,000,000; Not funded)

Mental Health Starts Early: Nurturing Relationships for Connection, Belonging, Dignity, and Resilience. 2022

University of Nebraska-Lincoln Grand Challenges Catalyst Competition (\$2,503,457; Not funded, encouraged to resubmit).

What Works in Early Childhood Coaching? Identifying Coaching Processes Associated with Teacher and Child Outcomes 2021

IES Education Research (CFDA 84.305A) Type 1 Exploration, Early Learning Programs and Policies (\$1,699,051; Submitted September 2021, this is a resubmission).

Continued Development and Refinement of a Mindful, Compassion-Based Socio-Emotional Learning Intervention to Promote the Emotional Wellbeing of Teachers Working with Vulnerable Children 2021

Institute of Education Sciences Early Learning Programs and Policies, Development and Innovation. (\$2,000,000, Submitted September 2021, this is a resubmission).

Growing Competencies: Leveraging Researcher-Practitioner Partnerships to Systematize and Enhance Professional Learning for Early Childhood Coaches 2020

Spencer Foundation, Researcher-Practitioner Partnership Grant (\$399,573, Not funded)

Nebraska's Comprehensive Suicide Prevention 2020

Department of Health and Human Services, Center for Disease Control (\$3,388,812, Not funded)

What Works in Early Childhood Coaching? Identifying Coaching Processes Associated with Teacher and Child Outcomes 2019

IES Education Research (CFDA 84.305A) Type 1 Exploration, Early Learning Programs and Policies (\$1,695,513; Not funded)

Building Resilience Against Flood-induced Chemical Contamination and Other Environmental, Social, and Psychological Factors for the Vulnerable Communities with Failed On-site Wastewater Treatment Systems in Rural Nebraska 2019

Environmental Protection Agency. (\$799,833, Not funded)

Continued Development and Refinement of a Mindful, Compassion-Based Socio-Emotional Learning Intervention to Promote the Emotional Wellbeing of Teachers Working with Vulnerable Children 2019

Institute of Education Sciences Early Learning Programs and Policies, Development and Innovation (\$1,399,795, Not funded, overall score 2.19).

Access to Affordable, Quality Child Care in Rural Areas 2019

USDA-NIFA Agriculture and Food Research Initiative (AFRI) Competitive Grants Program. (sub recipient, \$175,214, Not funded)

Improving the Mental and Physical Wellbeing of Childcare Providers in Nebraska 2019

University of Nebraska Research Initiative – Systems Science-Formed/Forming Seed Grant (\$149,679, Not funded)

Stress in Mid-America: Bridging the Gaps

2019

North Central Region-United States Department of Agriculture, NIFA. (Subaward – Iowa State University, \$12,500, Not funded)

Evaluating psychosocial mechanisms of early childhood teachers' stress resilience and their relevance for children's self-regulation

2018

National Institute of Child Health and Human Development (\$250,000, Not funded).

NAFBA Parent education workshops

2018

Department of Defense – Army (\$216,304, Not funded).

Characterizing physiological and behavioral mechanisms of wellbeing among early childhood teachers

2018

The Spencer Foundation (\$50,000, Not funded).

An Integrated Approach to Studying the Impacts and Processes of Co-Parenting for Successful Kids in Nebraska and Beyond

2017

University of Nebraska- Lincoln, Layman Award (\$10,000, Not funded)

The Staying Connected Family Education Program: Fostering Resilience among Nebraska Families Facing Economic Strain

2016

Nebraska Extension Partnership Award. (\$10,000, Not funded)

RESEARCH/JOURNAL PUBLICATIONS

Journal Articles Published/In Press – Refereed (*denotes Student)

[38] Virmani, E. A., **Hatton, H.**, Nagase, A., Wiese, A. M., Silverstein, J., & Harshbarger, H. (2025). Escúchanos, "We do have emotions and we do have feelings": Exploring how reflective consultation supports early childhood educators. *Infant Mental Health Journal*.

[37] Jeon, L., Kwon, K.-A., Byun, S., Charlot-Swiley, D., Domitrovich, C. E., Farewell, C. V., Ford, T. G., **Hatton, H.**, Oh, Y., Puma, J. E., & the Early Head Start/Head Start Workforce Well-Being Consortium. (2025). A novel ecological model of holistic early childhood workforce well-being: The utilization of an AI-assisted systematic review. *Early Childhood Research Quarterly*.

[36] Jiang, Q., **Hatton, H.**, Williams, N. A., Dev, D. A., Clark, C. A. C., Avari, P., & Ladd, S. B. (in press). The mediating role of controlling feeding practices in the association between mindful parenting and toddlers' food responsiveness. *Journal of Extension*.

[35] Starr, E. J.,* **Hatton, H.**, Clark, C. A., Parra, G. R., Avari, P., & Brock, R. L. (2025). Reducing Emotion Dysregulation Through a Mindfulness Intervention: The Moderating Role of Occupational Stress for Early Childhood Educators. *Mindfulness*, 1-18.

[34] Finch, J. E., Starr, E. J.*., Akhavein, K.*., & **Hatton, H.** (2025). "Washing our hands is a superpower": Parent-child conversations about COVID-19 are longitudinally associated with children's social-emotional adjustment and their conceptualizations of the pandemic. *Developmental Psychology*.

[33] Hamel, E. E., Avari, P., **Hatton-Bowers, H.**, & Schachter, R. E. (2025). 'The Kids. That's My Number One Motivator': Understanding Teachers' Motivators and Challenges to Working in Early Childhood Education. *Early Childhood Education Journal*, 53(2), 563-574.

[32] Wheeler, L.A., Kuo, P.X., Kemp, B., Xu, W., **Hatton, H.**, Parra, G., & Tippens, J. (2023). The 2023 State of Nebraska Families: State Priorities and Key Areas of Promise. Invited Contribution to Marriage and Family Review. 60(7). doi.org /10.1080/01494929.2024.2402486.

[31] Jackson, H.*, Schachter, R.E., **Hatton-Bowers, H.**, & Knoche, L.L. (2024) Coaching in difficult conversations: A relationship-based approach. In *Advances in Understanding Child Development and Learning: Through a Lens of Equity. Young Children (Featured Article)*. The Journal for the National Association for Young Children.

[30] Yao, Y*. Hong, S-Y. ,& **Hatton-Bowers, H.** (2023). The role of prenatal empowerment in predicting parent and infant outcomes among working women. *Journal of Child and Family Studies*.

[29] Avari, P.*., Hamel, E., Schachter, R. E., & **Hatton-Bowers, H.** (2022). Communication with families: Understanding the perspectives of early childhood teachers. *Journal of Early Childhood Research*. DOI: 10.1177/1476718X221140747.

[28] Williams, N., Villachan-Lyra, P., **Hatton-Bowers, H.**, Marvin, C., Chaves, E., Hollist, C., & Gomes, R.*., Nelson, L. (2022). Family-centered practices and parent mental health in a developmental intervention program for young children with Congenital Zika Syndrome. *Infants and Young Children*, 36, 1, 21-36. DOI: 10.1097/IYC.0000000000000230.

[27] **Hatton-Bowers, H.**, Clark, C., Parra, G., Calvi, J., Yellow Bird, M., Avari, P.*., Foged, J., and Smith, J.** (2022). Promising Findings that the Cultivating Healthy Intentional Mindful Educators' Program (CHIME) Strengthens Early Childhood Teachers' Emotional Resources: An Iterative Study. *Early Childhood Education Journal*, DOI: 10.1007/s10643-022-01386-3.

[26] Schachter, R.E., **Hatton-Bowers, H.**, Jackson, H.*., & Knoche, L.L. (2022). An exploratory study of early childhood coaches' practices and professional learning needs. *Early Years: An International Research Journal*, DOI: 10.1080/09575146.2022.2108378.

[25] Jiang, Q.*., **Hatton-Bowers, H.**, Tippens, J. A., Hong, S.-Y., & Kohel, K**. (2021). Good for baby, good for mom: The determinants of breastfeeding initiation and continuation among working women in the Midwest U.S., *Journal of Human Sciences and Extension*, 9, 3, 52-67.

[24] **Hatton-Bowers, H.**, Lombardi, C. P., Kemp, B., Decker, K. B., Virmani, E. A., Brophy-Herb, H. E., Vallotton, C. D. (2021). Risks and resources for college students' mental health: ACEs, attachment, and mindfulness, *Journal of American College Health*. DOI: 10.1080/07448481.2021.1942007

[23] Tippens, J. A., **Hatton-Bowers, H.**, Honomichl, R., Wheeler, L., Miamidian, H. M., Bash, K., Howell Smith, M., Nyaoro, D., Byrd, J. J., Packard, S., & Teufel-Shone, N. I. (2021). Psychological distress prevalence and associated stressors and supports among urban Congolese refugees in a community setting in Kenya. *American Journal of Orthopsychiatry*.

[22] **Hatton-Bowers, H.**, Virmani, E. A. Nathans, L., Walsh, B. A., Buell, M., Lanzon, P., Plata-Potter, S. I., & Roe, L. L. (2021). Cultivating self-awareness in our work with infants, toddlers and their families: Caring for ourselves as we care for others. *Young Children*, 76, 1, 30-34.

[21] Kohel, K.*., **Hatton-Bowers, H.**, Williams, N., Dev, D., Behrends, D., Hulse, E., Rida, Z., Dingman, H., Dinkel, D., & Gebhardt, A. R. (2021). Improving breastfeeding environments and feeding practices in family child care homes with the Go NAP SACC program. *Maternal and Child Health*, 25, 510-520. <https://doi.org/10.1007/s10995-020-03075-2>.

[20] Williams, N., **Hatton-Bowers, H.**, Kohel, K.*., Pillai, S.* & Burnfield, J. (2021). Informal Caregivers' Well-being during the Transition to Caregiving. *Rehabilitation Counseling Bulletin*, 64, 4, 208-221. doi:10.1177/0034355220962186

[19] Choi, J.-K., **Hatton-Bowers, H.**, & Shin, J.** (2020). Predicting toddlers' problematic behaviors: The role of poverty, parenting, and childcare. *Early Childhood Development and Care*. DOI: 10.1080/03004430.2020.1756791

[18] Hazen, K.P., Carlson, M. W., **Hatton-Bowers, H.**, Fessinger, M. B., Cole-Mossman, J., Bahm, J., Hauptman, K., Brank, E. M., & Gilkerson, L. (2020). Evaluating the facilitated attuned interactions (FAN) approach: vicarious trauma, professional burnout, and reflective practice. *Child and Youth Services Review*, 112. <https://doi.org/10.1016/j.childyouth.2020.104925>

[17] Molland, E., **Hatton-Bowers, H.**, & Tippens, J. (2020). Finding strength in vulnerability: Ethical approaches when conducting research with vulnerable populations. *Journal of Midwifery & Women's Health*, 65, 6, 802-807. <https://doi.org/10.1111/jmwh.13151>

[16] Virmani, E.A., **Hatton-Bowers, H.**, Lombardi, C.M., Decker, K.B., King, E.K., Plata-Potter, S.I., & Vallotton, C.D. (2020). How are preservice early childhood professionals' mindfulness, reflective practice beliefs, and individual characteristics associated with their developmentally supportive responses to infants and toddlers. *Early Education and Development*, 31 (7), 1052– 1070. <https://doi.org/10.1080/10409289.2020.1798718>.

[14] Dev, D.A., Garcia, A.S., Tovar, A., **Hatton-Bowers, H.**, Franzen-Castle, L., Rida, Z., R., Reddish, L., Smith, J.A.**, Burger, C., Dinkel, D., Behrends, D., Hulse, E., & Sheridan, S. (2020). Contextual factors influence professional development attendance among child care providers in Nebraska. *Journal of Nutrition Education and Behavior*, 52,3, 270-280. DOI: 10.1016/j.jneb.2019.09.011

[13] Williams, N. A., Villachan-Lyra, P., Marvin, C., Chaves, E., Hollist, C., **Hatton-Bowers, H.**, Barbosa, Nelson, F. L. (2019). Anxiety and depression among caregivers of young children with Congenital Zika Syndrome in Brazil. *Disability and Rehabilitation*. DOI: 10.1080/09638288.2019.1692252

[12] **Hatton-Bowers, H.**, Howell Smith, M, Huynh, T.* , Bash, K.* , Howell Smith, M., Durden, T., Anthony, C., Foged, J., & Lodi, K. (2019). "I will be less judgmental, more kind, more aware, and resilient!": Early childhood professionals' learnings from an online mindfulness module. *Early Childhood Education Journal*, 48, 3, 379-391. DOI: 10.1007/s10643-019-01007-6.

[11] Schachter, R., Gerde, H. K., & **Hatton-Bowers, H.** (2019). Guidelines for selecting professional development for early childhood teachers. *Early Childhood Education Journal*, 47, 394-408. DOI:10.1007/s10643-019-00942-8

[10] Huynh, T.* , **Hatton-Bowers, H.**, & Howell Smith, M. (2018). A Critical Methodological Review of Mixed Methods Designs Used in Mindfulness Research. *Mindfulness*, 10, 786-798.

[9] Dev, D.A., Blitch, K.A., **Hatton-Bowers, H.**, & Ramsay, S. (2018). A five-step procedure to use when creating videos for extension. *Journal of Extension*., 56, 2, 17039IAW. <https://www.joe.org/joe/2018april/iw3.php>

[8] Choi, J.K., **Hatton-Bowers, H.**, Burton, A.**, Brand, G., Reddish, L., & Poppe, L.M. (2018). A qualitative evaluative approach to improve the co-parenting for successful kids program. *Journal of Human Sciences and Extension*, 6, 122-136.

[7] Choi, J.K., **Hatton-Bowers, H.**, Brand, G., Poppe, L.M., & Foged, J. (2017). Co-parenting for successful kids: Impacts and implications. *Journal of Extension*, 55 (6), Research in Brief. Article6RIB1. Available at <https://joe.org/joe/2017december/rb1.php>

[6] Dev, D.A., Speirs, K.E., Williams, N.A., Ramsay, S., McBride, B.A., & **Hatton-Bowers, H.** (2017). Providers perspectives on self-regulation impact their use of responsive feeding practices in child care. *Appetite*, 118, 66-74. DOI: 10.1016/j.appet.2017.07.022.

[5] **Hatton-Bowers, H.**, Pecora, P. J., Johnson, K., Brooks, S., & Schindell, M. (2015). Evaluating training to promote critical thinking skills for determining safety for children. *Journal of Social Work Education*, 51, 298–314. (Received an Honorable Mention for Honorable Mention, Best Journal of Social Work Education Mixed Methods Article in 2015)

[4] Ontai, L. G., Lipscomb, S. T., Sitnick, S. L., **Bowers, H.***, & Lamp, C. (2013). Healthy, happy families evaluation: Integrating parenting education into child obesity prevention with low-income parents of young children. *The Forum for Family and Consumer Issues*, 18(3).

[3] Hafer, N., **Hatton, H.**, & Brooks, S. (2013). Identifying promising coaching models for child welfare settings. *The Journal of the National Staff Development and Training Association*, 7, 88–103. Peer reviewed journal that is an affinity peer group of the American Public Human Services Association.

[2] Raikes, H. A., Virmani, E. A., Thompson, R. A., & **Hatton, H.** (2013). Declines in peer conflict from preschool through first grade: Influences from early attachment and social information processing. *Attachment & Human Development*, 15(1), 65-82.

[1] **Hatton, H.**, Donnellan, M B., Larsen-Rife, D., Feldman, B., & Maysn, K. (2008). Family and Individual Characteristics as Predictors of the State and Trait Aspects of Negative Interpersonal Interactions during Emerging Adulthood. *Journal of Family Psychology*, 22 (3) 448-455.

Journal Articles Practitioner Oriented

[4] Puma, J. E., Kwon, K. A., Domitrovich, C., Farewell, C., Ford, T. G., **Hatton, H.**, Jeon, L., & Oh, Y. (2025). What is well-being? Supporting all domains of well-being for early childhood educators. *Educating Young Children, Summer 2025*. National Association for the Education of Young Children. <https://www.naeyc.org/resources/pubs/eyc/summer2025>

[3] Kwon, K.-A., Puma, J., Oh, Y., Jeon, L., **Hatton, H.**, Ford, T. G., Farewell, C., Domitrovich, C., Clark, C., & Charlott-Swille, D. (2024, December 2). *Nurturing the nurturer: Elevating educator well-being and competencies through comprehensive wellness programs*. ZERO TO THREE. <https://www.zerotothree.org/resource/journal/nurturing-the-nurturer-elevating-educator-well-being-and-competencies-through-comprehensive-wellness-programs/>

[2] Virmani, E.A., **Hatton-Bowers, H.**, & Nagase, A. (2022). Attuning to Emotional Needs to Address Challenging Behaviors. *Child Care Exchange*.

[1] Yellow Bird, M., Gehl, M., **Hatton-Bowers, H.**, Hicks, L., & Reno-Smith, D. (2020). Defunding mindfulness: While we sit on our cushions systemic racism runs rampant. *Zero to Three Journal* (invited).

Book Chapters

[4] Yellow Bird, M. & **Hatton-Bowers, H.** (2023). Enacting an Indigenous Decolonial Contemplative Mentorship in Higher Education: Meditations on the Legacy of Plenty Fox. *Contemplative Practices and Acts of Resistance in Higher Education: Narratives Toward Wholeness*. Routledge.

[3] Yellow Bird, M. & **Hatton-Bowers, H.** (2022). Decolonizing mindfulness, mindful decolonization, and social work futurities. In Clarke, K. (Eds.), *Decolonizing Nordic Social Work Futurities in Structures and Practices of Care*. Helsinki University Press.

[2] Hong, S-Y., **Hatton-Bowers, H.**, & Knoche, L. (2021). High Quality Preschool, Child Care, and Parenting. In Philip J. Lazarus, Shannon Suldo and Beth Doll (Eds.), *Fostering the Emotional Well-Being of our Youth: A School-Based Approach*. Oxford University Press (OUP).

[1] **Hatton, H.**, Conger, R. D., Larsen-Rife, D., & Ontai, L. (2009). An integrative and developmental perspective for understanding romantic relationship quality during the transition to parenthood. In M. S. Schulz, M. K. Pruitt, P. Kerig, & R. Parke (Eds.), *Strengthening couple relationships for optimal child development: Lessons from research and intervention* (pp. 115–129). Washington, DC: American Psychological Association.

Book Editor

[1] De Guzman, M. R. T., & Hatton, H. (Eds.). (2024). *Extension Education and the Social Sciences: Uplifting Children, Youth, Families, and Communities*. Cambridge University Press.

Technical/Community Reports

[4] Schachter, R. E., Jackson, H.**, Knoche, L. L., & **Hatton-Bowers, H.** (2019). *What is the landscape of early childhood coaching in Nebraska?* (CYFS Working Paper No. 2019-1]. Retrieved from <http://cyfs.unl.edu/resources/working-papers>

[3] Brennan, A.L., Piper, J.L.**, **Hatton-Bowers, H.**, & Wiles, B. (2019, July). Access to affordable, quality child care in Kansas and Nebraska. North Central Regional Center for Rural Development.

[2] Hawley, L.R., Dizona, P., & **Hatton-Bowers, H.** *Principles of Safety Organized Practice Fidelity Checklist Statistical Report*. (2017, October). Technical Report. Nebraska Academy for Methodology, Analytics & Psychometrics.

[1] **Hatton-Bowers, H.**, Poppe, L., Foged, J., and The Learning Child Team. (January, 2017). *Nebraska Statewide Impact Report “The Learning Child Interest Group”*. University of Nebraska-Lincoln Extension.

Curriculum Development

[14] **Hatton-Bowers, H.** & Wickham, T. (2020). *Engaged Mindful Movement for Youth Curriculum*. (Yoga curriculum for 3rd and 4th graders).

[13] **Hatton-Bowers, H.**, Torquati, J., Leeper-Miller, J., & Buchheister, K. (2020). *A Beautiful Day Virtual Education Website*. Has received over 19,000 website views, was highlighted by:

- 1) Nebraska Today, <https://news.unl.edu/newsrooms/today/article/new-project-helps-children-families-find-beauty-in-everyday-moments/>
- 2) the Daily Nebraskan: http://www.dailynbraskan.com/news/unl-professors-develop-website-to-keep-children-engaged-at-home/article_9383a7da-89aa-11ea-ab75-7b1a3b91f0b3.html,
- 3) Nebraska TV: <https://nebraska.tv/news/local/unl-launched-program-that-helps-families-from-home> (Served as the project lead for the creation of the educational website and video design. Reviewed 118 videos for content expertise and uploaded videos to MediHub. Wrote video descriptions and identified video themes).

[12] Napoli, A. & **Hatton-Bowers, H.** (2019). Read for Resilience. (funded by \$10,000 UNL Extension Grant). (Serve as a co-lead for the Read for Resilience program which provides strategies and just in time education for supporting young children experiencing stress, trauma, or grief using storybooks and storybook guides).

[11] Buchheister, K., Schachter, R., & **Hatton-Bowers, H.** (2018). *Train the Coach Approach: Sustaining High-Quality Mathematical Learning in Early Childhood Settings* (funded by \$10,000 Layman Award) (Consultant for coaching framework and professional development training in growth mindsets)

[10] **Hatton-Bowers, H.** & Kamala, H. (2017-2019). *KiDo Kids Yoga Early Childhood Program*. A Waldorf inspired, movement and mindfulness based preschool program. (Co-creator of the program). University of Nebraska-Lincoln.

[9] **Hatton-Bowers, H.**, Sehi, N., Behrends, D. & Hulse, E. (2017). *Introducing and Feeding Solids to Infants*. The Learning Child Online Programs. University of Nebraska Extension.

[8] **Hatton-Bowers, H.**, Foged, J., Gottschalk, C., & Werth, L. (2017-Present). *Cultivating Intentional Mindful Educators (CHIME)*. An 8-week mindfulness based and social-emotional learning program for early childhood educators. University of Nebraska Extension (Lead Module Developer, Content Expert).

[7] **Hatton-Bowers, H.** & Hulse, E. (2017). *Growing Healthy Children Together: Promoting Family Engagement*. NE Go NAP SACC. (Lead Module Developer, Content Expert).

[6] Guru, A. & **Hatton-Bowers, H.** (2017). *Digital Storytelling with ScratchJr*. University of Nebraska Extension (Module Developer for Growth Mindset Learning, 1339 web page views).

[5] **Hatton-Bowers, H.**, Dev, D., & Schacter, R. (2016-2019). *Coaching with Purpose, Relationships, Resilience, and Reflection (CPR³): An Innovative Approach to Improve the Impacts of Early Childhood Interventions*. University of Nebraska Lincoln (Lead Module Developer, Content Expert and Reviewer)

[4] Ontai, L. & **Hatton-Bowers, H.** (2016). *Child Development for Social Workers Training*. University of California Davis (Content Expert Developer and Reviewer)

[3] Brooks, S., Hafer, N., Wentz, R., **Hatton, H.**, Cunningham, L., & Macklin, M. (2012). *The Coaching Toolkit for Child Welfare Practice*. The Northern California Training Academy, Center for Human Services, UC Davis Extension.

[2] Ontai, L. & **The Workgroup for Families with Young Children** (2012). *Healthy, Happy Families: Promoting Healthy Eating Habits in Preschoolers*. University of California, Davis (Content Developer and Reviewer)

[1] **The Workgroup for Families with Young Children**. (2005). *Creating healthy families: Parenting supplement to nutrition curricula*. Davis, CA: University of California, Agriculture and Natural Resources. (Lead Graduate Student in developing and piloting the curricula with Dr. Lenna Ontai).

Resource Guides

[4] Child Care Provider Handbook Redesign (2023). Role: PI **Hatton, Holly**, Co-PIs: Lynn DeVries, Jaci Foged, Erin Campbell, Katie Krause, Ingrid Indal, Linda Reddish, C. Green, D. Ludvik, K. Skaggs, K. Provider Handbook Redesign Role: PI Hatton, Holly, Co-PIs: Lynn DeVries, Jaci Foged, Erin

Kampbell, Katie Krause, Ingrid Indal, Linda Reddish, C. Green, D. Ludvik, K. Skaggs, K. Teager, <https://dhhs.ne.gov/Documents/CC-Subsidy-Provider-Booklet.pdf>, Nebraska (2023).

- [3] **Hatton, H.**, Brooks, S., & The Northern Training Academy. (2008). *Participatory case planning in child welfare services: A resource guide*. Retrieved from <https://humanservices.ucdavis.edu/sites/default/files/104187-PCP.pdf>
- [2] **Hatton, H.**, Brooks, S., & The Northern Training Academy. (2008). *Participatory case planning in child welfare services literature review: Selected models, components, and research findings*.
- [1] **Hatton, H.**, Brooks, S., & The Northern Training Academy. (2008). *Preventing re-entry into the child welfare system: A literature review of promising practices*. Retrieved from <http://www.childsworld.ca.gov/res/pdf/PreventingRe-entry.pdf>

Educational Videos

- [3] **Hatton-Bowers, H.** & Foged, J. (2018). *Coaching with a Growth Mindset*. The Learning Child Online Programs. University of Nebraska Extension (Lead in writing and creating the script).
- [2] **Hatton, H.**, Boruki, J., & Brooks, S. (2014). *Mindful meditation in the work place for social workers* (Educational video). Retrieved from www.youtube.com/user/UCDavisExtension/videos
- [1] Hatton, H., Boruki, J., & Brooks, S. (2014). *Reducing stress in the workplace: Exercises for social workers* (Educational video). Retrieved from <https://www.youtube.com/watch?v=vEocVPhvE3o>

Podcasts – Translating Research to Practice

- [15] Manning, E. (Executive Producer, Host, & Sound Editor), **Hatton, H.** (Content Manager), Lindal, I. (Writer & Social Media Coordinator), Campbell, E. (Writer & Sound Editing Consultant), Reddish, L. (Communications Specialist), Werth, L. (Social Media Consultant), Krause, K. (Consultant for Content Development). *Bringing Baby Home- What You Actually Need*. The Good Life in Early Life. (January 28, 2025). <https://mediahub.unl.edu/media/24076>
- [14] Manning, E. (Executive Producer, Host, & Sound Editor), **Hatton, H.** (Content Manager), Lindal, I. (Writer & Social Media Coordinator), Campbell, E. (Writer & Sound Editing Consultant), Reddish, L. (Communications Specialist), Werth, L. (Social Media Consultant), Krause, K. (Consultant for Content Development). *It's Okay to Not Be Okay- Supporting Children's Mental Health*. The Good Life in Early Life. (February 11, 2025). <https://mediahub.unl.edu/media/24171>
- [13] Manning, E. (Executive Producer, Host, & Sound Editor), **Hatton, H.** (Content Manager), Lindal, I. (Writer & Social Media Coordinator), Campbell, E. (Writer & Sound Editing Consultant), Reddish, L. (Communications Specialist), Werth, L. (Social Media Consultant), Krause, K. (Consultant for Content Development). *Building Lasting Impact-The Gothenburg Impact Center*. The Good Life in Early Life. (February 25, 2025). <https://mediahub.unl.edu/media/24230>
- [12] Manning, E. (Executive Producer, Host, & Sound Editor), **Hatton, H.** (Content Manager), Lindal, I. (Writer & Social Media Coordinator), Campbell, E. (Writer & Sound Editing Consultant), Reddish, L. (Communications Specialist), Werth, L. (Social Media Consultant), Krause, K. (Consultant for Content Development). *More Than a Playground: The Power of Nature w. Dr. Torquati*. The Good Life in Early Life. (March 18, 2025). <https://mediahub.unl.edu/media/24336>
- [11] Manning, E. (Executive Producer, Host, & Sound Editor), **Hatton, H.** (Content Manager), Lindal, I. (Writer & Social Media Coordinator), Campbell, E. (Writer & Sound Editing Consultant), Reddish, L. (Communications Specialist), Werth, L. (Social Media Consultant), Krause, K. (Consultant for Content Development). *You Got This: Keeping Your Kids at the Center of Co-Parenting*. The Good Life in Early Life. (March 31, 2025). <https://mediahub.unl.edu/media/24382>
- [10] Manning, E. (Executive Producer, Host, & Sound Editor), **Hatton, H.** (Content Manager), Lindal, I. (Writer & Social Media Coordinator), Campbell, E. (Writer & Sound Editing Consultant), Reddish, L. (Communications Specialist), Werth, L. (Social Media Consultant), Krause, K. (Consultant for Content Development). *Making the Right Choice for Your Family- Selecting Childcare*. The Good Life in Early Life. (April 15, 2025). <https://mediahub.unl.edu/media/24546>
- [9] Manning, E. (Executive Producer, Host, & Sound Editor), **Hatton, H.** (Content Manager), Lindal, I. (Writer & Social Media Coordinator), Campbell, E. (Writer & Sound Editing Consultant),

Reddish, L. (Communications Specialist), Werth, L. (Social Media Consultant), Krause, K. (Consultant for Content Development). *Exploring STEAM in Early Childhood*. The Good Life in Early Life. (April 29, 2025). <https://mediahub.unl.edu/media/24680>

[8] Manning, E. (Executive Producer, Host, & Sound Editor), **Hatton, H.** (Content Manager), Lindal, I. (Writer & Social Media Coordinator), Campbell, E. (Writer & Sound Editing Consultant), Reddish, L. (Communications Specialist), Werth, L. (Social Media Consultant), Krause, K. (Consultant for Content Development). *Beyond Old MacDonald- Building Joyful Classrooms with Music*. The Good Life in Early Life. (May 13, 2025). <https://mediahub.unl.edu/media/24850>

[7] Manning, E. (Executive Producer, Host, & Sound Editor), **Hatton, H.** (Content Manager), Lindal, I. (Writer & Social Media Coordinator), Campbell, E. (Writer & Sound Editing Consultant), Reddish, L. (Communications Specialist), Werth, L. (Social Media Consultant), Krause, K. (Consultant for Content Development). *4-H: Nurturing the Process and Building Lifelong Learners*. The Good Life in Early Life. (June 3, 2025). <https://mediahub.unl.edu/media/24967>

[6] Manning, E. (Executive Producer, Host, & Sound Editor), **Hatton, H.** (Content Manager), Lindal, I. (Writer & Social Media Coordinator), Campbell, E. (Writer & Sound Editing Consultant), Reddish, L. (Communications Specialist), Werth, L. (Social Media Consultant), Krause, K. (Consultant for Content Development). *Supporting the Workforce- A New Approach to Substitutes in Early Childhood*. The Good Life in Early Life. (September 9, 2025). <https://mediahub.unl.edu/media/25585>

[5] Manning, E. (Executive Producer, Host, & Sound Editor), **Hatton, H.** (Content Manager), Lindal, I. (Writer & Social Media Coordinator), Campbell, E. (Writer & Sound Editing Consultant), Reddish, L. (Communications Specialist), Werth, L. (Social Media Consultant), Krause, K. (Consultant for Content Development), Figgner, A. (Marketing Consultant). *You Don't Have to Do It All: Embracing 'Good Enough' Parenting*. The Good Life in Early Life. (October 14, 2025). <https://mediahub.unl.edu/media/25764>

[4] Manning, E. (Executive Producer, Host, & Sound Editor), **Hatton, H.** (Content Manager), Lindal, I. (Writer & Social Media Coordinator), Campbell, E. (Writer & Sound Editing Consultant), Reddish, L. (Communications Specialist), Werth, L. (Social Media Consultant), Krause, K. (Consultant for Content Development), Figgner, A. (Marketing Consultant). *Media as a Learning Tool*. The Good Life in Early Life. (October 28, 2025). <https://mediahub.unl.edu/media/25801>

[3] Manning, E. (Executive Producer, Host, & Sound Editor), **Hatton, H.** (Content Manager), Lindal, I. (Writer & Social Media Coordinator), Campbell, E. (Writer & Sound Editing Consultant), Reddish, L. (Communications Specialist), Werth, L. (Social Media Consultant), Krause, K. (Consultant for Content Development), Figgner, A. (Marketing Consultant). *From Tension to Teamwork- Adult Conflict in Early Childhood Settings*. The Good Life in Early Life. (November 18, 2025). <https://mediahub.unl.edu/media/25904>

[2] Manning, E. (Executive Producer, Host, & Sound Editor), **Hatton, H.** (Content Manager), Lindal, I. (Writer & Social Media Coordinator), Campbell, E. (Writer & Sound Editing Consultant), Reddish, L. (Communications Specialist), Werth, L. (Social Media Consultant), Krause, K. (Consultant for Content Development), Figgner, A. (Marketing Consultant). *The Power of Gratitude in our Work and Relationships*. The Good Life in Early Life. (November 25, 2025). <https://mediahub.unl.edu/media/25939>

[1] Manning, E. (Executive Producer, Host, & Sound Editor), **Hatton, H.** (Content Manager), Lindal, I. (Writer & Social Media Coordinator), Campbell, E. (Writer & Sound Editing Consultant), Reddish, L. (Communications Specialist), Werth, L. (Social Media Consultant), Krause, K. (Consultant for Content Development), Figgner, A. (Marketing Consultant). *Winter Wonders: Holiday Approaches in Childcare*. The Good Life in Early Life. (December 16, 2025). <https://mediahub.unl.edu/media/26033>

Content Development - Expert Reviewer

[1] Dev, D. (2016). *Ecological Approach to (EAT) Family Style Dining, Early Childhood Professional Development Curriculum* University of Nebraska-Lincoln (Content expert reviewer and contributing intellectual content, developed the coaching framework)

[11] Avari, P., Napoli, A., & **Hatton-Bowers, H.** (2021, August). *Decreasing Burnout and Promoting Well-being among Early Childhood Educators*. NebGuide. G2333. University of Nebraska- Lincoln. (peer reviewed).

[10] Choi, E., de Guzman, M., **Hatton-Bowers, H.**, Guzman, J., Jones, G., Houska, K., Jennings, E., & Johnston, C. (2021, July). *Stereotypes about Poverty*. NebGuide. G2325. University of Nebraska-Lincoln. (peer reviewed)

[9] Witte, A.L., **Hatton-Bowers, H.**, & Napoli, A. (2021, July). *Family-Childcare Partnerships in Early Childhood. First Steps to Success*. NebGuide. G2334. University of Nebraska- Lincoln. (peer reviewed).

[8] Byrd, J.J., **Hatton-Bowers, H.**, Behrends, D.E., & Foged, J.J. (2019, November). *Optimizing Healthy Eating Habits in Early Childhood with Mindfulness*. NebGuide. G2321. University of Nebraska-Lincoln. (peer reviewed).

[7] **Hatton-Bowers, H.**, Huynh, T., Howell-Smith, M., Bash, K., Durden, T., Anthony, C., Lodi, K., & Crandall, L., (2018, September). *Mindful practice for ECE professionals: Begin the journey*. ResearchBrief. University of Nebraska-Lincoln.

[6] Durden, T., **Hatton-Bowers, H.**, Mincemoyer, C., Anthony, C. Lodi, K., Crandall, L., Howell-Smith, M., Huynh, T.**, & Bash, K**. (June, 2018). *Safety First! Lessons Learned from an Online Infant Sleep Training Module*. Research Brief. University of Nebraska-Lincoln.

[5] Parra, G.R., Foged, J., **Hatton-Bowers, H.**, Reddish, L., & Brand, G. (2018, June). *Understanding Anger for Your Health and Relationships*. NebGuide. G1804MR. University of Nebraska-Lincoln. (peer reviewed)

[4] O'Leary, J.D., Martin, M., J., DeVries, L.M., Gottschalk, C.L., **Hatton-Bowers, H.N.** (2018, June). *Interparental Conflict and the Parent-Child Relationship*. NebGuide. G2306. University of Nebraska-Lincoln (peer reviewed).

[3] **Hatton-Bowers, H.**, Cruickshank, K.L.**, Behrends, D., & Hulse, E.A. (2017, August). *Strategies to Promote and Enhance Breastfeeding with Cultural Awareness*. NebGuide. G2291. University of Nebraska-Lincoln. (peer reviewed)

[2] Clark, C.A.C., **Hatton-Bowers, H.**, Gottschalk, C.L., Dev, D.A., & Poppe, L.M. (2017, August). *Self-Regulation in Early Childhood*. NebGuide. G2288 of Nebraska-Lincoln. (peer reviewed) 2017, July).

[1] Clark, C.A.C., **Hatton-Bowers, H.**, Gottschalk, C.L., Dev, D.A., & Poppe, L.M. *Strategies for Helping Young Children with Self-Regulation*. NebGuide. G2287. University of Nebraska-Lincoln. (peer reviewed)

National Materials Published – Invited

[3] **Hatton-Bowers, H.** (2020, April 10). *Why early childhood educators should turn to mindfulness and compassion, now and always*. [Invited blog post for EdSurge – Early Learning].

[2] Napoli, A. & **Hatton-Bowers, H.** (2020, February 6). *How reading storybooks helps children cope after a disaster*. [Invited blog post for Child Care Aware of America].

[1] **Hatton-Bowers, H.** (2019, June 12). *Increasing workplace well-being with compassion and mindfulness*. [Invited blog post for the National Head Start Association, rated as one of their top blogs for the year].

Extension/Community Materials Published – Invited

[10] **Hatton-Bowers, H.**, & Torquati, J. (2020, December). *The Benefits of Playing with Sound*. Article for the 123Connect with Me research-based campaign developed by the Center & Community Children's Hospital Medical Center. (*disseminated to 23,000 followers & 8 community partners in Lincoln, NE*).

[9] **Hatton-Bowers, H.**, & Torquati, J. (2020, November). *Make Eye Contact*. Article for the 123 Connect with Me research-based campaign developed by the Center & Community Children's Hospital Medical Center. (*disseminated to 23,000 followers & 8 community partners in Lincoln, NE*).

[8] **Hatton-Bowers, H.**, & Torquati, J. (2020, October). *Smile Back*. Article for the 123 Connect with Me research-based campaign developed by the Center & Community Children's Hospital Medical Center. (*disseminated to 23,000 followers & 8 community partners in Lincoln, NE*).

[7] **Hatton-Bowers, H.**, & Torquati, J. (2020, June). *Hugs Connect Us. Hugs Can Heal. Hugs Can Help Children Grow*. Article for the 123 Connect with Me research-based campaign

developed by the Center & Community Children's Hospital Medical Center. (*disseminated to 23,000 followers & 8 community partners in Lincoln, NE*).

[6] **Hatton-Bowers, H.**, & Torquati, J. (2020, May). *Come Sing with Me*. Article for the 123 Connect with Meresearch-based campaign developed by the Center & Community Children's Hospital Medical Center. (*disseminated to 23,000 followers & 8 community partners in Lincoln, NE*).

[5] Torquati, J. & **Hatton-Bowers, H.** (2020, April). *Make Time to Play Today*. Article for the 123 Connect with Me research-based campaign developed by the Center & Community Children's Hospital Medical Center. (*disseminated to 23,000 followers & 8 community partners in Lincoln, NE*).

[4] **Hatton-Bowers, H.** & Hanson-Bradley. (2020). *Work, Family, and Caring for Children: Tips for Working Remotely from Home During COVID-19*. Nebraska Extension. (also available in Spanish).

[3] Parra, G., **Hatton-Bowers, H.**, & Gottschalk, C. (2019). *Supporting the Short-Term and Long- Term Wellbeing of your Colleagues*. [Resource handout for Extension Employees]. University of Nebraska-Lincoln.

[2] **Hatton-Bowers, H.** (2017, March 13). *When the tough gets going, the tough press pause*. [Blog post for the Learning Child Blog]. Peer Reviewed. Retrieved January 1, 2018, from <https://learningchildblog.com/2017/03/13/when-the-going-gets-tough-the-tough-press- pause/>

[1] **Hatton-Bowers, H.** (2017, March 13). It can take a village to support breastfeeding moms [Blog post for The Learning Child Blog]. Peer Reviewed. Retrieved January 1, 2018, from <https://learningchildblog.com/2017/03/13/it-can-take-a-village-to-support-breastfeeding- moms/>

PROFESSIONAL PRESENTATIONS

Invited Conference Keynote

[3] **Hatton-Bowers, H.** (2019, October). *Cultivate Compassion for Wellbeing: Recent Research and Practical Strategies*. Afternoon Keynote. Recharge for Resilience Conference. Kearney, Nebraska.

[2] **Hatton-Bowers, H.** (2018, August). *Keynote, Research to Practice: Enhancing Personal and Professional Well- being with Mindfulness*. Norfolk Early Childhood Conference. Norfolk, Nebraska.

[1] **Hatton-Bowers, H.** (2018, August). *Benefits and Strategies for Teaching Young Children Yoga*. Norfolk Early Childhood Conference. Norfolk, Nebraska.

Invited Conference Oral Presentation and Symposia - Refereed

[6] Hatton, H. Emotional Wellness for Health. (2025, October). Zero to Three Preconference.

[5] **Hatton-Bowers, H.**, Clark, C., Wheeler, L., Parra, G., Rasby, S. (2023, October). [invited oral presentation]. *Practicing mindfulness and compassion is a promising approach to support the emotional well- being of early childhood teachers*. Mindfulness, Self-Compassion, and Family Well-Being Conference. Seattle, WA, United States.

[4] **Hatton-Bowers, H.** (2020, October 5). *Mindfulness for early childhood educators* [invited oral presentation]. Zero to Three Annual Conference 2020, Salt Lake City, UT, United States [Virtual].

[3] **Hatton-Bowers, H.** (2019, October). *Supporting Resilience and Well-Being through Mindfulness and Compassion in the Workplace: Examining the Research*. Zero to Three Conference. Ft. Lauderdale, Florida.

[2] **Hatton-Bowers, H.** (2018, June). *Supporting the Wellbeing of Early Childhood Educators with Mindfulness and Reflection*. Invited talk for symposium, The National Research Conference on Early Childhood. Arlington, VA.

[1] **Hatton-Bowers, H.**, Parra, G., Thomas, R., and Smalley, C. (2017, November). *Ending the Game: A Survivor-Informed Curriculum for Victims of Sex Trafficking*. Invited talk for symposium. 2017 NCFR Annual Conference. Orlando, Florida.

Oral Papers and Symposia – Refereed

[23] Virmani, E.F., & **Hatton, H.** (2025). *Reflective Supervision and Consultation in Early Childhood Development and Education: Cultivating Well-Being, Justice, and Transformation: A Novel*

Resource for Early Care and Education - A Transformative Book on Reflective Supervision and Consultation. Reconceptualizing Early Childhood Education Conference, Santiago, Chile.

[22] Jeon, L., Byun, S., Kwon, K.-A., Domitrovich, C. E., Charlot-Swiley, D., Oh, Y., Farewell, C., Puma, J., **Hatton-Bowers, H.**, & Early Head Start/Head Start Workforce Well-Being Consortium (2023). *Building a conceptual framework of holistic ECE workforce wellbeing using an AI-assisted systematic review*. Paper presentation at the meeting of the Child Care and Early Education Policy Research Consortium (CCEEPRC) Meeting, Washington, DC.

[21] Napoli, A., **Hatton-Bowers, H.**, Cochran, S. & Foged, J. (2022, October). Read for Resilience Toolkits for Childcare Providers: Using Storybooks to Support Children after Disasters. Extension Disaster Education Network (EDEN) Conference, Michigan.

[20] **Hatton-Bowers, H.**, Clark, C., Avari, P., Rasby, S., Starr, E., & Parra, G. (2022, September). *Examining the Associations of Early Childhood Teacher's Emotional Well-being with Physiologic Stress, Mindfulness and Self-Compassion*. Presentation in Drew McGee (chair) Early Childhood Education Teacher Psychophysiology and Teacher Stress: Prior Findings, Current Studies, and Future Directions Symposium at the ISPNE Annual Meeting, Chicago.

[19] **Hatton-Bowers, H.**, Clark, C., Avari, P., Rasby, S., Starr, E., Parra, G., & Wheeler, L. (2022, June). *Supporting Early Childhood Teachers' Emotional and Physiological Well-being with Mindfulness, Reflection, and Self-Compassion during the COVID-19 Pandemic*. Presentation in Dr. Laura Lessard (chair) Understanding and Improving the Well-Being of the Early Childhood Workforce: Innovative Research and Practice. Symposium at the National Research Conference on Early Childhood, Virtual.

[18] **Hatton-Bowers, H.**, Clark, C., Knoche, L., Foged, J., Wheeler, L., Sheridan, S., Avari, P., & Gallagher, K. (2022, June). *Cultivating Healthy Intentional Mindful Educators in Early Head Start and Head Start Settings*. Presentation in Paula Daneri at the Administration for Children and Families (chair), Conceptualizing and Supporting the Well-Being of the Early Childhood Education Workforce: Head Start University Partnership Research. Symposium at the National Research Conference on Early Childhood, Virtual.

[17] **Hatton-Bowers, H.**, Clark, C., Parra, G., & Avari, P. (2022, April). *"I now acknowledge my feelings and others' emotions": Supporting early childhood teachers with mindfulness*. Presentation in Mary Benson McMullen (chair) Early Childhood Professional Well-Being: Multiple Perspectives on Outcomes and Implications From Three Projects. Symposium at the American Educational Research Association, San Diego, California.

[16] **Hatton-Bowers, H.**, Gottschalk, C., Kaslon, L. (2021, July). *Extending Extension Programmatic Efforts Online: Employee Wellness – Creating an internal to support employee mental health and wellbeing*. National Association of Extension Program and Staff Development Professionals. Virtual Summer School.

[15] **Hatton-Bowers, H.**, Clark, C., & Avari, P. (hybrid congress, 2021, June). *Promising findings from an iteratively developed mindful, compassion-based socio-emotional learning intervention to promote the emotional well-being of early childhood teachers*. Presentation in B. J. Harden (chair) Understanding and promoting the emotional well-being of teachers in programs for infants and toddlers. Symposium at the World Association for Infant Mental Health.

[14] Virmani, E., Nagase, A., & **Hatton-Bowers, H.** (hybrid congress, 2021, June). *Inquiry is the intervention: Reflective consultation with early childhood educators*. Oral presentation at the World Association for Infant Mental Health.

[13] **Hatton-Bowers, H.**, Clark, C., Avari, P. (2021, April). *Cultivating emotional well-being among early childhood educators working in Head Start*. Presentation in H. Hatton-Bowers (chair) Well-being in Early HeadStart and Head Start Programs: A multidimensional perspective. Society for Research in Child Development. Virtual Conference due to COVID-19.

[12] Williams, N., Burnfield, J., Kohel, K., **Hatton-Bowers, H.**, & Buster, T. (2019, November). *Understanding and Supporting the Well-being of Informal Caregivers in Medical Rehabilitation*. NCFR Annual Conference, Fort Worth, Texas.

[11] **Hatton-Bowers, H.** & Foged, J. (2019, February). *Promoting the Mental Well-being of Early Childhood Professionals with Mindfulness and Reflection*, International Conference on Mindfulness, Auckland, New Zealand.

[10] Thomas, R., Smalley, C., & **Hatton-Bowers, H.** (2017, June). *Using Psychoeducation to Address Psychological Coercion and Trauma*. One Child, Many Hands: A Multidisciplinary Conference on Child Welfare. Philadelphia, PA.

[9] Brand, G., Beaulieu, B., Cox, R., Choi, E., & **Hatton-Bowers, H.** (2017, October). *Strengthening Co-Parenting Education: A Multi-State Approach*, presentation to the National Extension Association of Family and Consumer Sciences (NEAFCS) Annual Session, Omaha, Nebraska.

[8] Thomas, R. & **Hatton-Bowers, H.** (2017, February). *Ending the Game: An Intervention Curriculum for Survivors of Commercial Sexual Exploitation*. Human Trafficking Research Conference, San Diego, California.

[7] Werth, L. & **Hatton-Bowers, H.** (2017, April). *Meeting Preschool Teachers Where They Are! Creating Digitally Landscapes in Rural Communities*. 2017 Conference on the Value of Play. Clemson University, Clemson, South Carolina.

[6] Sykes, A., **Hatton-Bowers, H.**, Chan, S., & Brooks, S. (2016, October). *Implementing Promising Strategies to Combat Secondary Traumatic Stress among Public Child Welfare Workers*. NSDTA Professional Development Conference. New Brunswick, NJ.

[5] **Hatton-Bowers, H.** (2016, January). *Examining Associations between Wellness and Secondary Trauma among Public Child Welfare Workers*. 30th Annual San Diego International Conference on Child and Family Maltreatment. San Diego, California.

[4] **Hatton, H.**, Schindell, M., & Brooks, S. (2014, May). *Implementing Continuous Quality Improvement Processes for Safety Organized Practice: Practice Profiles*. National Human Services Training Evaluation Symposium, UC Berkeley, California.

[3] **Hatton, H.** & Pecora, P. (2012, January). *Evaluation Data on Signs of Safety: First Findings*. 26th Annual International Conference on Child and Family Maltreatment, San Diego, California.

[2] **Hatton, H.** & Brooks, S. (2011, September). *Making Family Reunification Possible for Drug Affected Families*. Putting the Pieces Together for Children and Families: The National Conference on Substance Abuse, Child Welfare, and the Courts, National Harbor, MD.

[1] **Hatton, H.**, Donnellan, M. B., Larsen-Rife, D., Feldman, B., & Maysn, K. (2007, April) *Family and Individual Characteristics as Predictors of the State and Trait Aspects of Negative Interpersonal Interactions during Emerging Adulthood*. Paper presented at the meeting of the Society of Research in Adolescence, San Francisco, CA

Posters – Refereed

[38] Foged, J., DeVries, L., Campbell, E., Lindal-Chavarria, Manning, E., & **Hatton, H.** (2024, January). *Cultivating Healthy Intentional Mindful Educators (CHIME): A Mindfulness and Compassion Program for Early Childhood Practitioners*. [Poster presentation]. The Hawaii International Conference on Education. Waikoloa, Hawaii.

[37] Kiewra, C., **Hatton, H.**, Liu, D., & Torquati, J. (2023, November). *Benefits of Cultivating Mindful Pre-Service Teachers*. [Poster presentation]. Mid-South Educational Research Association. Pensacola Beach, Florida.

[36] Starr, E.J., Hatton-Bowers, H., Clark, C., & Parra, G. *Whom Do Mindfulness Interventions Work For? Examining Early Childhood Teachers' differential responsiveness to CHIME*. [Poster presentation]. World Association for Infant Mental Health, Dublin, Ireland.

[35] **Hatton-Bowers, H.**, Hooper, A., Kwon, Kyong-Ah, & Lessard, L. (2023, July). *How Does Self-Compassion and Psychological Distress Relate to Job Demands and Job Satisfaction among Family Child Care Educators*. [Poster presentation]. World Association for Infant Mental Health, Dublin, Ireland.

[34] Akhavein, K., Clark, C.A.C., **Hatton-Bowers, H.**, Jiang, Q., Avari, P., Parra, G., & Finch, J.E. (2023, July). *How does early childhood teacher emotion dysregulation and job stress relate to preschoolers' self-regulation?* [Poster presentation]. World Association of Infant Mental Health conference, Dublin, Ireland.

[33] Virmani, E.A., Hatton-Bowers, H., Nagase, A., Wiese, A. (2023, July). How do early childhood educators experience reflective consultation? Brief Oral Presentation presented, World Association for Infant Mental Health. Dublin, Ireland.

[32] Jeon, L., Kwon, K.-A., **Hatton-Bowers, H.**, Oh, Y., Farewell, C., Domitrovich, C. E., Charlot-Swilley, D., & Roberts, A. (2022). *Head Start University Partnership Research: Conceptualizing and Supporting the Well-Being of the Early Childhood Education Workforce*. National Research Conference on Early Childhood, Virtual conference.

[31] Hamel, E.**, Avari, P.**, **Hatton-Bowers, H.**, & Schachter, R. (2022, June). *Early Childhood Teacher Wellness, Work Supports, and Motivation to Stay* [Poster presentation] ACF's National Research Conference on Early Childhood, Virtual.

{30] Huynh, T., **Hatton-Bowers, H.**, & Torquati, J. (hybrid congress, 2021, June). *Circle of Security Parenting(COS-P) Enhanced with Mindful Self-compassion (COS-MSC): A Mixed Methods Study*. Poster presentation at the World Association for Infant Mental Health.

[29] **Hatton-Bowers, H.**, Virmani, E.A., & Nagase, A. (hybrid congress, 2021, June). *How are benevolent childhood experiences, secure attachment, and mindfulness related to work place and mental well-being among early childhood teachers?* Poster presentation at the World Association for Infant Mental Health.

[28] DeVries, L., Manning, L., Wulf, T., Gottschalk, C., Foged, J., Campbell, E., Steffen, J., Werth, L., Poppe, L., Krause, K., Reddish, L., & **Hatton-Bowers, H.** (hybrid congress, 2021, June). *The importance of the facilitator: Training Extension professionals to deliver a mindfulness-based intervention in early care and education settings*. Poster presentation at the World Association for Infant Mental Health.

[27] Jiang, Q.**, **Hatton-Bowers, H.**, & Williams, N. (hybrid congress, 2021, June). *How does mindful parenting and parent feeding practices relate to toddlers' eating behaviors?* Poster presentation at the World Association for Infant Mental Health.

[26] Nagase, A., Virmani, E.A., & **Hatton-Bowers, H.** (hybrid congress, 2021, June). *Examining associations between early childhood educators' self-efficacy beliefs, stress, and job satisfaction*. Poster presentation at the World Association for Infant Mental Health.

[25] Barker, S.**, Williams, N., Villachan-Lyra, P., **Hatton-Bowers, H.**, Chaves, E., & Barbosa, L. (2021, April). *Investigation of the family resource scale in low-income Brazilian families caring for young children with Congenital Zika Virus syndrome*. Poster presentation at the Society for Research and Child Development, Virtual Conference due to COVID-19.

[24] Bosire, J.P.O.**, Hong, S-Y., Yao, Y.**, & **Hatton-Bowers, H.** (2021, April). *Mothers returning to work and sustaining child routines: The role of perceived parent-caregiver partnership*. Poster presentation at the Society for Research and Child Development, Virtual Conference due to COVID-19.

[23] Schachter, R.E., Jackson, H.*, **Hatton-Bowers, H.**, & Knoche, L. (2019, April). *Unpacking the work of early childhood coaches: Who are they and what do they need?* Poster presentation at the American Educational Research Association Meeting, Toronto, Canada.

[22] Yao, Y.**, Hong-S-Y., & **Hatton-Bowers, H.** (2021, April). *The role of parental empowerment in predicting parent and infant outcomes among working women*. Poster presentation at the Society for Research and Child Development, Virtual Conference due to COVID-19.

[21] Avari, P.**, **Hatton-Bowers, H.**, Clark, C. (2020, November). *How Does Self-Compassion and Mindfulness Associate with Early Childhood Educators' Emotional Exhaustion and Personal Efficacy in the Workplace?* ACF's National Research Conference on Early Childhood, Virtual Conference due to COVID-19.

[20] Williams, N., **Hatton-Bowers, H.**, & Barker, S.**. (2020, August). *Dispositional Optimism and Family Caregivers' Well-being in Medical Rehabilitation*. APA Conference, Virtual Conference due to COVID-19.

[19] Jackson, H.**, Schachter, R. E., **Hatton-Bowers, H.**, & Knoche, L. L. (2020, April). *Early Childhood Coaches: How do we prepare them and how do we continue to support them?* CYFS Summit on Research in Early Childhood, Lincoln, NE. (Conference canceled due to COVID-19).

[18] Beecher, C.C., **Hatton-Bowers, H.**, & Napoli, A.R. (2020, February). *Leveraging Extension and Outreach for Early Intervention: Engaging in Responsive Researching*. Conference on Research Innovations in Early Intervention, San Diego, California.

[17] **Hatton-Bowers, H.**, Durden, T., Howell Smith, M, Bash, K.**, Huynh, T.**, Anthony, C., Lodi, K., & Crandall, L. (November, 2018). *"I will be less judgmental, more kind, more aware and resilient to stress!"*: *Using online professional development learning to enhance the well-being of early childhood educators*, poster presented at the NAEYC Annual Conference, Washington, D.C.

[16] **Hatton-Bowers, H.**, Calvi, J., Chen, F., Foged, J., Gottschalk, C., & Werth, L. (2018, September). *A multidimensional perspective of the effects of a mindfulness intervention on the well-being of early childhood*. Poster presented at the 48th meeting of the International Society of Psychoneuroendocrinology, Irvine, CA.

[15] **Hatton-Bowers, H.**, Foged, J., Gottschalk, C., Werth, L., Calvi, J., & Chen, F. (2018, May). *Cultivating Healthy Intentional Mindful Educators: Implementing a Pilot Intervention in Early Childhood Centers*, poster presented at the 16th World Association for Infant Mental Health World Congress, Rome, Italy.

[14] Werth, L. & **Hatton-Bowers, H.** (2018, June). *Increasing the Comfort, Confidence, and Use of Digital Play in the Preschool Classroom: A Pilot Study*. Poster presentation at the 2018 Hawaii University International Conferences on STEM/STEAM and Education. Honolulu, Hawaii.

[13] **Hatton-Bowers, H.**, Hong, S.-Y., Cruickshank, K., Roberts, S., Huynh, T., Shin, H., Yao, Y., Werth, L., Vonderohe, R., Guzman, J., Sherry, L. (2018, June). *Childcare Decision Making Among Rural Low-Income Working Women: How Their Beliefs and Needs for Care Change Over Time*. National Research Conference on Early Childhood (NRCEC), Arlington, VA.

[12] Gottschalk, C. & **Hatton-Bowers, H.** (2017, November). *Increasing Culturally Responsive Practices among Early Childhood Professionals through the Use of Real-Time Coaching and Reflective Practice*, poster presented at the 2017 NAEYC Annual Conference. Atlanta, Georgia.

[11] **Hatton-Bowers, H.**, Dev, D., Guo, Y., Rida, Z., Cruikshank, K., Behrends, D., Sehi, N., Hulse, E., Dingman, H., & Burger, C. (2017, July). *Go NAP SACC: A Valuable and Sustainable Approach for Improving Breastfeeding and Infant Feeding Policies and Practices in Family Child Care Homes*, poster at the Society of for Nutrition Education and Behavior. Washington, D.C. Journal of Nutrition Education and Behavior. S92.

[10] **Hatton-Bowers, H.**, Foged, J., and Gottschalk, C. (2017, April). *Mindful and Reflective Leaders: Enhancing a Management Training for Childcare Directors*. 2017 Mindfulness Research Conference: Mindful Families, Schools, and Communities: Contemplative Practices to Promote Child and Family Well-Being. Seattle, Washington.

[9] Garcia, A., Dev, D., McGinnis, C., Thomas, T., **Hatton-Bowers, H.**, DeVries, L., Poppe, L., Foged, J., Manning, L., Krause, K., Werth, L., Paulos, S., Crandall, L., Vonderohe, R., Brand, G., & Reddish, L. (2017, October). *Evaluation of Social Media Best Practices Program for Extension Professionals*, presentation to the National Extension Association of Family and Consumer Sciences (NEAFCS) Annual Session, Omaha, Nebraska.

[8] Werth, L., **Hatton-Bowers, H.**, Dev, D., Trainin, G., Torquati, J., Sherry, L., Paulos, S., Krause, K., Foged, J., Brand, G., Crandall, L., DeVries, L., Eseraich, J., & Nash, E. (2017, October). *Meeting Preschool Teachers Where They Are! Creating Digital Play Landscapes in Rural Communities*, presentation to the National Extension Association of Family and Consumer Sciences (NEAFCS) Annual Session, Omaha, Nebraska.

[7] **Hatton-Bowers, H.**, Dev, D., Guo, Y., Rida, Z., Cruikshank, K., Behrends, D., Sehi, N., Hulse, E., Dingman, H., & Burger, C. (2017, July). *Go NAP SACC: A Valuable and Sustainable Approach for Improving Breastfeeding and Infant Feeding Policies and Practices in Family Child Care Homes*, poster at the Society of for Nutrition Education and Behavior. Washington, D.C. Journal of Nutrition Education and Behavior. S92. DOI: <http://dx.doi.org/10.1016/j.jneb.2017.05.160>.

[6] Dev, D.A., **Hatton-Bowers, H.**, Guo, Y., Hulse, E., Rida, Z., Burger, C., Behrends, D., & Foged, J. (2017, July). *Nutrition Environment and Practices of Family Childcare Homes and Child Care Centers in Nebraska*, poster at the Society of for Nutrition Education and Behavior. Journal of Nutrition Education and Behavior, 49, 7, S88.

[5] **Hatton-Bowers, H.**, Foged, J., and Gottschalk, C. (2017, April). *Mindful and Reflective Leaders: Enhancing a Management Training for Childcare Directors*. 2017 Mindfulness Research Conference: Mindful Families, Schools, and Communities: Contemplative Practices to Promote Child and Family Well-Being. Seattle, Washington.

[4] Peter, J.**, Dev, D.A., & **Hatton-Bowers, H.** (2016, October). *Do Job Stressors and Child Eating Behavior Moderate the Relationship between Child Care Provider Attitudes and Mealtime*

Practices? Presentation at the College of Education and Human Sciences Research Showcase, University of Nebraska- Lincoln, Lincoln, NE.

- [3] Cruickshank, K.** & **Hatton-Bowers, H.** (2016, October). *Establishing Fidelity of the SOP Supervisor Checklist for Child Social Workers: A Tool for Building Partnerships with Families and Keeping Children Safe Using a Systems Approach*. Presentation at the College of Education and Human Sciences Research Showcase, University of Nebraska- Lincoln, Lincoln, NE.
- [2] **Hatton, H.**, Colenzo, K., & Eichhorn, D. (2008, May). *Becoming Parents Together: A Reflective Relationship-based Program*. Poster presented at the World Association for Infant Mental Health, Yokohama, Japan.
- [1] **Hatton, H.**, Ontai-Grzebik, L., & Sano, Y. (2005). *Predictors of Parental Efficacy in Single Parent Low-Income Rural Families*. Poster presented at the Society for Research in Child Development, Atlanta, GA.

Workshops and Lectures - Refereed

- [1] **Hatton-Bowers, H.** (2017, January). *It's More Than Words: Young Children's Language, Thinking and Learning 0-5*. Invited and featured Presenter for the Professional Development for All January Series. Buffett Early Childhood Institute at the University of Nebraska-Lincoln.

Extension and Community Presentations, Trainings and Workshops – Invited

- [25] Hatton, H. Tettivie, F., Rasby, S., Foged, J. (2025, April). *Social Emotional Learning in ECE*. Presentation to 65 educators in Ghana.
- [24] Yellow Bird, M. & **Hatton-Bowers, H.** (2022, May). *Decolonizing Mindfulness, Mindful Decolonization, and Social Work Futurities*. Invited three-hour workshop for social workers. British Columbia Association of Social Workers. Virtual Session (36 attendees).
- [23] **Hatton-Bowers, H.** (2022, March). *What are Recommendations for Screen Use with Preschoolers: The Importance of Screen Sense*. Invited workshop for the Parents of Preschoolers Community Group. Ashland, Nebraska (25 attendees).
- [22] **Hatton-Bowers, H.** & Montgomery, M. (2022, January). *Planting Seeds with Mindfulness for Healthy Relationships*. SCPITC's 2nd Annual BABY JAM Virtual Conference (551 attendees in South Carolina).
- [21] **Hatton-Bowers, H.** (2021, November). *Cultivating Healthy Intentional Mindful Educators*. Featured presentation for the Buffett PD for All Session, Promoting Early Childhood Workforce Well-being through Reflection and Connection.
- [20] Montgomery, M. & **Hatton-Bowers, H.** (2021, April). *Unconscious and implicit biases in early care and education*. Lincoln Littles Professional Development Webinar.
- [19] Reddish, L., Napoli, A., & **Hatton-Bowers, H.** (2021, April). *Virtual Family Celebration*. Sesame Street in Communities. 417 viewers on YouTube and 109,000 viewers on Facebook (as of June 30, 2021)
- [18] **Hatton-Bowers, H.** (2021, February). *Building Trust and Engagement through Mindfulness*. Bemidji Early Childhood Collaborative.
- [17] **Hatton-Bowers, H.** & Montgomery, M. (2021, February). *Bringing Mindfulness to ECE Settings: Some Guiding Research, the Promising Program CHIME, and Everyday Opportunities*. Zero to Three Communities of Practice for Mindfulness.
- [16] **Hatton-Bowers, H.** (2020, November). *Self-Care: Small Moments Each Days*. Webinar training for the Nebraska Resource Project for Vulnerable Young Children.
- [15] Torquati, J., **Hatton-Bowers, H.**, & Montgomery, M. (2020, June). *It's A Beautiful Day for Family Fun at Home: Watch, Learn, and Play*. Nebraska Alumni Association Webinar.
- [14] **Hatton-Bowers, H.** & Bradley, S. (2020, June). *Mindfulness, Self-Care and You*. Courageous Conversations Early Childhood Professional Development Trainings.
- [13] **Hatton-Bowers, H.** & Bradley, S. (2020, June). *Supporting Young Children's Well-being During Change*. Early Childhood University of Nebraska Extension Training.

[12] **Hatton-Bowers, H.** (2018, December). *Increasing High-Quality Care and Early Learning with Mindfulness*. Kiwanis, Lincoln, Nebraska.

[11] **Hatton-Bowers, H.** (2018, November). *Yoga for Young Children's Health and Well-being*. University of Nebraska, Fit and Healthy Kids Web-based Sessions for Early Childhood Professionals.

[10] **Hatton-Bowers, H** & Vonderohe, R. (2018, June). *Working with Families Living in Poverty: Strategies for Engagement*. Conference session. Nebraska Young Child Institute, Kearney, Nebraska.

[9] **Hatton-Bowers, H.** (2018, June). *Embracing the Challenging Behaviors of Toddlers*. Conference session. Nebraska Young Child Institute, Kearney, Nebraska.

[8] **Hatton-Bowers, H.** & Foged, J. (2017, December). *Using Mindfulness to be an Effective Early Childhood Educator*, invited training for the Head Start 0-5 Training, Kearney, Nebraska.

[7] **Hatton-Bowers, H.** & Foged, J. (2017, October). *Mindfulness: Essential Strategies in Early Childhood*, invited presentation for the Guiding the Next Generation Tri-State Child Care Conference, South Sioux City, Nebraska.

[6] **Hatton-Bowers, H.** & Foged, J. (2017, October). *Trauma and Stress: Cultivating Well-Being*, invited presentation for the Guiding the Next Generation Tri-State Child Care Conference, South Sioux City, Nebraska.

[5] **Hatton-Bowers, H.** & Foged, J. (2017, October). *Integrating Movement and Literacy for Early Learning*, invited presentation for the Guiding the Next Generation Tri-State Child Care Conference, South Sioux City, Nebraska.

[4] **Hatton-Bowers, H.**, Foged, J., & Gottschalk, C. (2017, September). *Cultivating Healthy Intentional Mindful Educators: CHIME*. Supporting the Well-being of Nebraska's Early Childhood Workforce: A Summit. University of Nebraska Kearney, Kearney, Nebraska.

[3] **Hatton-Bowers, H.**, Behrends, D., & Hulse, E. (2017, June). *Best Practices for Feeding Infants: Bridging Policy to Practice*, invited presentation, Energizing Early Childhood Professionals in Shaping the Health of the Whole Child Conference, Lincoln, Nebraska.

[2] **Hatton-Bowers, H.** (2017, January). *It's More Than Words: Young Children's Language, Thinking and Learning 0-5*. Invited and featured Presenter for the Professional Development for All January Series. Buffet Early Childhood Institute at the University of Nebraska-Lincoln. (Invited)

[1] **Hatton-Bowers, H.** (2016, November). *Tuning in and Embracing the Challenging Toddler*. Fit and Healthy Kids Webinar Training for Child Development Professionals. University of NebraskaExtension.

Presentations, Trainings and Workshops

[13] Gottschalk, C. & **Hatton-Bowers, H.** (2017, December). *The Cost of Caring: Strategies for Self-Care and Working with Others in Difficult Situations*, invited presentation. Nebraska Cooperative Extension Association. Kearney, Nebraska.

[12] Gottschalk, C., Werth, L., & **Hatton-Bowers, H.** (2017, November). *In the Moment Coaching: A Promising and Transformative Way to Support Professional Development*. Nebraska Extension Fall Conference. Kearney, Nebraska.

[11] Gottschalk, C. & **Hatton-Bowers, H.** (2017, November). *The Cost of Caring: Strategies for Self-Care and Working with Others in Difficult Situations*, invited presentation. Nebraska Cooperative Extension Association. Kearney, Nebraska.

[10] **Hatton-Bowers, H.** & Werth, L. (2017, April). *Trauma and Stress: Cultivating Well-Being for Zero to Three*. Recharge for Resilience Conference. Kearney, Nebraska.

[9] **Hatton-Bowers, H.** & Choi, J. K. (2017, April). *Shared Responsibility for Our Children: The Importance of Provider-Parent Partnerships for Low-Income Families*. Recharge for Resilience Conference. Kearney, Nebraska.

[8] **Hatton-Bowers, H.** & Huynh, T. (2017, April). *Mindfulness: Essential Strategies for Caregiving in Early Childhood*. Peru State Early Childhood Conference, Peru State College, Peru, Nebraska.

[7] **Hatton-Bowers, H.** (2017, March). *Trauma and stress: Cultivating Well-Being for Zero to Three*, invited presentation. Mid-Nebraska Early Childhood Summit. York, Nebraska.

[6] **Hatton-Bowers, H.** (2017, February). *Slow Down, Don't Rush: Engaging in Quality Conversations with Babies and Toddlers*, invited presentation, Celebrating Young Children Conference, Omaha, Nebraska.

[5] **Hatton-Bowers, H.** (2015, July). *NCI CA Child Family Survey Supplemental Report*. Quality Assessment Advisory Group Meeting for the Department of Developmental Disabilities. Orange County, California.

[4] **Hatton-Bowers, H.** (2015, December). *California Mover and Lanterman Mover Consumer Survey Report*. Quality Management Advisory Group for the Department of Developmental Disabilities.

[3] **Hu, A. & Hatton-Bowers, H.** (2013, June). *The Effect of Parent Education Combined with Coaching on Parenting Qualities Among Parents in Substance Abuse Recovery*. 24th Annual Undergraduate Research, Scholarship, and Creative Activities Conference. Davis, California.

[2] **Hatton, H.** (2005). *The Influence of the Family on the Development of Enduring Interactional Styles*. Paper presented at the Developmental Brown Bag, UC Davis, CA.

[1] **Hatton, H.** (2005). *The Story of Many Models: Using Theory and Method*. Paper presented at the Rural Families Speak Annual Conference, Oregon, CA.

International Presentations – Invited

[1] **Hatton-Bowers, H.** (2018, July). *Sharing Promising Findings to Promote Educator Well-being with CHIME*. Invited presentation and lecture, Universidade Federal Rural De Pernambuco. Recife, Brazil.

CERTIFICATES

2025	Becoming Inclusive Leadership.
2023	Certified Facilitated Attuned Interactions (FAN) Trainer, Erickson Institute
2021	Reflective Interaction Observation Scale (RIOS™) reliable coder, University of Minnesota
2020	Certified Facilitated Attuned Interactions (FAN) Level II Practitioner, Erickson Institute
2020	Certified Mindfulness Meditation Teacher, Greater Good UC Berkeley and Sounds True
2017	Certified Children's Yoga Teacher, KIDO Kids Yoga, Registered Yoga Alliance
2017	Certified Take 5 Yoga Program Teacher
2017	Mindfulness in Education Certificate
2008	Certified Family Life Educator, The Relationship Research Institute

STUDENT MENTORING

2018 Created the *Mindfully Growing Mentorship* group for graduate students to meet every other week for an hour to grow and enhance professionalism and promote well-being in graduate students using mindfulness and compassion.

Graduate Advisor

Francisca Lawson Tettevie, Doctor of Philosophy, Global Families, Department of Child, Youth and Family Studies, 2024-Present

Ivy Auletti-Oliveras, Doctor of Philosophy, Child Development/Early Childhood Education, Department of Child, Youth and Family Studies, 2024-Present

Emily Starr, Doctor of Philosophy, Child Development/Early Childhood Education, Department of Child, Youth and Family Studies, 2021-Present

Sarah Rasby, Doctor of Philosophy, Global Families, Department of Child, Youth and Family Studies, 2023-2025 (graduated)

Sarah Barker, Doctor of Philosophy, Global Families, Department of Child, Youth and Family Studies, 2022-2025 (graduated)

Amanda Ottersberg, Master's Degree, Department of Child, Youth and Family Studies, 2021-2025

Pearl Avari, Doctor of Philosophy, Child Development/Early Childhood Education, Department of Child, Youth and Family Studies, 2018-2023.

Qingyu Jiang, Doctor of Philosophy, Child Development/Early Childhood Education, Department of Child, Youth and Family Studies, 2017-2023

Mashael Altwijri, Doctor of Philosophy Child Development/Early Childhood Education, Department of Child Youth, and Family Studies, 2018-2021 (graduated with PhD)

Amy Colgrove. Doctor of Philosophy Child Development/Early Childhood Education, Department of Child Youth, and Family Studies, 2017-2020 (Co-advisor with Dr. Victoria Molfese, graduated with PhD)

Kara Cruickshank, Master's Degree, Department of Child, Youth and Family Studies, 2016-2019 (Co-advisor, Dr. Natalie Williams, graduated with MS)

Graduate Dissertation and Thesis Committees

Joshua Byrd, Doctor of Philosophy, Child Development/Early Childhood Education, Department of Child, Youth and Family Studies, 2020-2021. *Exploring the Effects of Food Insecurity on Kindergarten- Bound Preschoolers' Cognitive, School Readiness, and Social-Emotional Outcomes*. (graduated in 2021)

Jentry Barrett, Doctor of Philosophy, Child Development/Early Childhood Education, Department of Child Youth and Family Studies, UNL. 2020-Present. *Relational Trust in Group and Dyadic-coaching Configurations with First Grade Teachers: A Multiple Case Study*.

Megan Snethen, Master of Science, Child Development/Early Childhood Education. Department of Child, Youth and Family Studies, 2020-2021, *Mindfully Coaching Preservice Early Childhood Teachers* (graduated 2021)

Tamrat Teshome, Doctor of Philosophy, Child Development/Early Childhood Education, Department of Child, Youth, and Family Studies, 2020-Present.

Kymberly Caddell, Doctor of Philosophy, Educational Psychology, 2019-Present

Katherine Krause, Doctor of Philosophy, Child Development/Early Childhood Education, Department of Child, Youth and Family Studies, 2018-Present

Tuyen Huynh, (Co-chair with Dr. Julia Torquati), Doctor of Philosophy, Child Development/ Early Childhood Education, Department of Child, Youth and Family Studies, 2017-

2020, *Circle of Security Intervention Enhanced with Mindful Self-Compassion(COS-MSC): A Mixed Methods Pilot Study*. (graduated 2020).

Yao Yao, (Co-Chair with Dr. Soo-Young Hong) Master of Science, Child Development/Early Childhood Education. Department of Child, Youth and Family Studies, 2017-2020

Maha Elrakaiby, Master of Science, Child Development/Early Childhood Education. Department of Child, Youth and Family Studies, UNL. 2017-2018I. *Interactive Shared Reading: An Avenue to Improve Children's Acceptance of a Novel Vegetable*. (graduated 2018).

Graduate Research and Grantsmanship (Total: \$59,000)

Barker, S. (2023). *A Mixed Methods Approach for Exploring Parental Critical Consciousness and Ethnic-Racial Socialization in Rural Settings*. CYAF Dissertation Grant. (\$4,000, funded).

Altwijri, M. (2020). *A Mixed Method Approach to Investigate the Associations Between Saudi Parenting Behaviors and their Preschoolers' Self-regulation*. Received one of the five 2020 Patrice L. Engle Dissertation Grant awards from the Society for Research in Child Development. (\$5,000, funded). Assisted in writing the application and serve as the faculty mentor as the student's graduate advisor.

Colgrove, A. (2017, April). Mindfulness-based Intervention Pilot Study for Preschool Teachers. Buffet Early Childhood Institute Graduate Scholars Fellowship. (\$25,000, funded). Served as a mentor for the implementation of the project and helped to review the grant application.

Huynh, T. (2018, March). *Circle of Security Intervention Enhanced with Mindful Self-Compassion (COS-MSC): A Mixed Methods Pilot Study*. Buffet Early Childhood Institute Graduate Scholars Fellowship. (\$25,000, funded). Serving as a mentor for the implementation of the project and helped to review the grant application.

Invited Lecture/Teaching

Semester Long

2022, Fall Taught mindfulness and meditation bi-weekly to MFT students

2021, Spring Taught mindfulness and mediation weekly to graduate audiology students for Dr. Amanda Rodriquez's graduate level Audiology course.

2020, Fall Taught mindfulness and meditation bi-weekly to graduate audiology students for Dr. Amanda Rodriquez's Vestibular Assessment I SLPA 932 course.

2019, Fall Taught and integrated mindfulness and reflective practice to preservice students with Dr. Chris Kiewra in CYAF 270

Guest Lecture

2021, July University of Nebraska-Lincoln Early Childhood Special Education Program Summer Seminar, Led by Dr. Johanna Higgins, *Mindfulness to Elevate Graduate Student Self-Care*. Taught to 15 graduate students.

Nebraska Extension Interest Groups, Committees, and Issue Teams

2020-2025 Lead Specialist for Co-Parenting for Successful Kids Nebraska Extension Program

2021-2025 Lead Specialist for the Extension Employee Wellness Committee

2018-2024 Co-lead for the Rural Family Stress and Wellness Team

2017-2024 Reaching One, Reach All (RORA) Interest Group for Extension

2017-2018 Co-lead Issue Team 9, Children's Quality Learning Experiences

2016-2024 The Learning Child Interest Group Leadership Committee

2016-2020 Evaluation Co-Lead Specialist for The Learning Child Interest

2016-2019 The Learning Child Development Professional Development Online Trainings Team

Service to the Community

2023-Present Educare Lincoln Board Member, Elected

2022-2025 We Care for Kids Advisory Group

2020-Present Nebraska Center for Reflective Practice Board Member

2020-Present Sixpence Board of Trustees, Vice Chair 2020-2022, Chair, 2022, Reappointed by the Governor

2020-Present Nebraska Resource Project for Vulnerable Young Children Advisory Board

2019-2023	Preschool Development Federal Grant Leadership Team
2018-Present	Nebraska Center on Reflective Practice Evaluation Collaborative
2018-2020	Sixpence Board of Trustees, Appointed by the Governor
2018-2019	Transforming Trauma: Integrating Yoga into Your Practice Conference Planning Team
2018-2021	Go NAPP SACC Quality Data and Reporting Workgroup
2018-2021	Recharge for Resiliency Conference Planning Team
2017-2018	Nebraska Department of Education Early Learning Guidelines Revision Team
2017-Present	Nebraska Association for Infant Mental Health – Co-Leader
2017-Present	Coach Collaboration Team, Nebraska
2017-2018	Nebraska Early Literacy Partnership Group, Member
2017-Present	Nebraska State Pyramid Leadership Team, Member
2017-Present	Nebraska State Pyramid Coach Collaboration Team, Member
2017-Present	Rooted in Relationships Implementation Team
2016-2017	Nebraska Conference planning committee member, <i>Energizing Early Childhood Professionals: Shaping the Health of the Whole Child</i> , June 2017, Member
	<i>Shaping the Health of the Whole Child</i> . June 2017, Member
2016-2017	Nebraska's Go NAP SACC Partnership Committee, Member
2016-2017	Nebraska's Go NAP SACC Website and Data Subcommittee, Member

Service to the University

2025	CEHS Dean's Advisory Committee
2025	Search Committee Dawson Early Childhood Extension Educator
2023-Present	Buffett Scholars Review Committee
2023	Search Committee Dawes Early Childhood Educator for Nebraska Extension
2022	Buffett Scholars Review Committee
2022	Search Committee Seward Early Childhood Educator for Nebraska Extension
2022	Search Committee Disaster Education Statewide Educator
2022	Search Committee Madison Early Childhood Educator for Nebraska Extension
2022	Search Committee Dawes Early Childhood Educator for Nebraska Extension
2021	Search Committee Member, Dean of Nebraska Extension
2020-2023	Diversity and Inclusion Advisory Group for the IANR Senior Leadership Team
2019-2020	Suicide Prevention Team for UNL's Big Red Resilience and Well Being Member
2019	Search Committee Member, Research Assistant Professor, Center for Children, Families, and the Law (CCFL) UNL
2018	Search Committee Member, Endowed Chair Infant-Child Mental Health Position, UNL
2017-Present	Scholarly Engagement and Recognition, Child, Youth and Family Studies
2017-Present	Graduate Executive Committee, Child, Youth and Family Studies 2017-2019 Dean's Extension Advisory Committee (Elected)
2016	Learning Child Extension Educator Interview Committee

Service to the Profession

2021	Consulting Editor for <i>Young Children</i> and NAEYC books
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Ad Hoc Reviewer

Child and Youth Services Review
 Infant Mental Health
 Journal Early Care and Development
 Journal of Human Services and Extension
 Public Health Nutrition
 Early Childhood Education Journal

National Committee Service

2025-Present	Zerto To Three LEARN Advisory Council Members
2020-Present	NOPREN ECE Workforce Well-Being Work Group
2019-2022	Zero to Three Mindfulness Advisory Committee (invited)
2016-2018	North Central Region Family Consumer Science Co-Parenting, Co-chair
2016-2017	Creating Healthier Communities Community of Practice, Extension Member

FELLOWSHIPS, ACADEMIC HONORS & AWARDS

2025	1 st Place Central Region Award, National Extension Association of Family & Consumer Sciences (NEAFCS), CHIME Guiding Teacher Facilitator Program - A Unique Model to Expand Programming Outside of Your State – Team Award
2024	1 st Place National Winner, Communications: Radio/Podcast, National Extension Association of Family & Consumer Sciences (NEAFCS), Bringing Education and Best Practices to Nebraska: The Good Life in Early Life an Early Childhood
2022	Outstanding Engagement Award, Association of Public and Land-grant Universities (APLU) Board on Human Sciences (BoHS)
2022	Zero to Three's Infant and Early Childhood Mental Health (IECMH) Emerging Leadership Award in Research
2022	Nebraska Extensions Team In Excellence Award for the CHIME Program
2022	Collective Impact Award, Nebraska Diversity, Equity, and Inclusion Impact Award (Team Award)
2022	University of Nebraska-Lincoln CEHS Emerging Scholar Research/Creative Activity Award
2021	Extension Disaster Education Award, 2 nd Place Central Region Winner for Read for Resilience-Supporting Children with Storybooks in the NEAFCS Annual Awards Program (Team Award)
2021	Human Development/Family Relationships Award, 3 rd Place National Winner and 2 nd Place Central Region Winner for 'A Beautify Day,' in the NEAFCS Annual Awards Program (Team Award)
2021	Excellence in Multi State Collaboration Award, 3 rd Place National Winner and 2 nd Place Central Region Winner for our Read for Resilience Extension Program, in the NEAFCS Annual Awards Program (Team Award)
2020	Excellence in Extension Team Award for Providing Virtual Professional Development to Child Care Providers, University of Nebraska Extension
2020	Inaugural Team award for Diversity, Equity, and Inclusion for IANR, University of Nebraska Extension
2020	Communications Internet Education Technology Award, 1st Place National Winner and Central Region Winner in the NEAFCS Annual Awards Program (Part of a Team Award)
2019	Faculty Student Mentoring Award, College of Education and Human Sciences, University of Nebraska-Lincoln
2019	Team Innovation Award, University of Nebraska Extension
	1 st Place National Winner and 1 st Place Central Region Winner in the NEAFCS Annual Awards program for the Early Childhood Child Care Training Award for EAT-FSD
2017	Innovation Extension New Employee Award, University of Nebraska Extension
2016	Honorable Mention, Best Journal of Social Work Education Mixed Methods Article