

The All Our Babies Study NEWSLETTER



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Happy Mother's Day! From the All Our Babies team, we applaud and appreciate you! We know you are busy guiding and influencing the lives of young children. There is an air of anticipation as we head into spring, but around our office, that anticipation isn't only about the warmer weather. After over a year of dedicated effort, we are excited to be sending out the 5 year follow-up survey! These questions have been carefully selected by our team, other researchers and decision makers to ensure we are asking the right questions at the right time. Age 5 is an important time as your children head into school life. Gathering data about this stage, together with the vital information we are still gathering about earlier development, provides us with an invaluable resource that will show us what sets children up for success later on. Other researchers and our funders have recognized the value of the All Our Babies study, and we have been asked to share our findings with Shoppers Drug Mart, United Way and other foundations. Your participation is the key to understanding how communities can help families grow and prosper.

Cheers,
Suzanne Tough

Unbreakable Bubble Recipe

For a little outdoor fun this spring, try out some homemade bubbles! Use old bubble wands or make your own out of pipecleaners, or use household items like cookie cutters to blow the bubbles. You will want to clean up after to avoid slippery surfaces!

- 3 cups water
- 1 cup liquid dishwashing detergent
(i.e. Joy, Dawn, etc.)
- 1/2 cup white corn syrup

Stir the ingredients together to make the bubble solution, but avoid frothing. You can use dark corn syrup just as easily as white corn syrup, but the solution will be colored. Also, you can add food coloring or glow paint to color the bubbles.

What Have We Been Working On...?

Here is a quick update with some of the projects we've been working on thanks to the information you have shared with us.

Breastfeeding difficulties and exclusivity among late preterm and term infants: Results from the All Our Babies Study.

Nagulesapillai T, et al. *Canadian Journal of Public Health*, 2013
Expanding our research on the effects of preterm birth, this article reports that even though some preterm babies are born almost at full term, they still experience more trouble with breastfeeding (such as difficulty latching and being too sleepy to feed) than full term babies. These later preterm babies also were less likely to still be exclusively breastfeeding 4 months after birth, suggesting that mothers of preterm infants may benefit from extra breastfeeding support.

A qualitative study of the experience of CenteringPregnancy group prenatal care for physicians.

McNeil D, et al. *BMC Pregnancy and Childbirth*, 2013
This study asked physicians how they felt about delivering prenatal care in a group format. Physicians reported positive experiences, saying that group prenatal care allowed better use of time, better relationships with patients and higher satisfaction in their work.

Comparing CenteringPregnancy® to standard prenatal care plus prenatal education.

Benediktsson I, et al. *BMC Pregnancy and Childbirth*, 2013
In this analysis, women who participated in group prenatal care were compared to women who had standard prenatal care and took prenatal education classes. Women who participated in group prenatal care reported improved mental health, including higher social support and lower anxiety compared to women in standard prenatal care. This information has supported efforts to make group care more available.

Validation of Canadian mothers' recall of events in labour and delivery with electronic health records.

Bat-Erdene U, et al. *BMC Pregnancy and Childbirth*, 2013
This article shows a high level of agreement between what women report about labour and what their medical charts say. This confirms that simply asking women what they remember about their delivery is accurate and the more time-consuming check of medical records may not provide significant advantages.

We want to know what you want to know!

Do you have questions we have never answered? Is there something you would really like to see featured in a future newsletter? Are there other ways you would like to interact with us? Please let us know! We love to hear from you and welcome all your input and comments!

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DID YOU KNOW?: The Milestones of Child Development

We know that all children have their own unique paths of development and developmental specialists have determined age ranges around when physical, emotional, social and cognitive skills generally emerge. Knowledge of general milestones in development can help parents and caregivers understand what to expect. This helps to know when to encourage children and when to be patient if children aren't yet able to do things like share toys and follow instructions.

A recent survey in Alberta, however, shows us that many adults, including parents and grandparents, don't know very many specifics about children's developmental milestones. Test yourself on the following questions and see how you do! (Answers below)

Not having the answers doesn't mean you are not parenting well, but sometimes this knowledge can be helpful. For more information on the milestones in child development, you can contact your local ParentLink centre here:

<http://humanservices.alberta.ca/family-community/plc-regional-map.html>

At what age do children typically:

1. share his/her toys with other children without being forced to?
2. dress and undress by themselves?
3. sit and play quietly by him/herself for an hour?
4. exert independence from their caregiver (e.g., pick out clothes she/he wants to wear or toys to play with)?
5. speak out when they think something is unfair or "not right"?
6. have "best friends"?
7. start to show concern for others?
8. follow an instruction that has two steps (e.g., put the toys away and put your jacket on)?

Answers 1: 36 months to under 5 years, 2: 36 months to under 5 years, 3: 36 months to under 5 years, 4: 12 to under 18 months, 5: 5 to under 6 years, 6: 5 to under 6 years, 7: 12 to under 18 months, 8: 18 to under 24 months

Parenting Tip: The first time you ask your child to do something, count 8 seconds in your head before asking them again. Sometimes it can take children a few extra seconds to process your words and make their body respond to them.
(from the Triple P Parenting Program)

For more information like this, contact ParentLink centres across the province.



All Our Babies Study News

Flood Survey

If you haven't already sent it in, we would still welcome your completed flood survey (sent out last year). We are eager to start our analysis on the impact of last summer's flood. If you have a survey that needs to be returned, please mail it into us right away!

5 Year Survey and Laboratory Visits

Our newest survey is on its way to those of you whose AOB child has turned 5! In conjunction with this survey, we have received funding to invite some participants to a lab visits to learn more about language development at 5. These visits will involve games and basic measurements including height and weight for your child. We will be contacting you soon about this opportunity.

AOB Radio Interview

All Our Babies researchers recently participated in an interview profiling the study on a local radio program. We were thrilled to have the opportunity to explain what we do. For example, as discussed on the program, if some children at age 5 struggle with behaviour problems, speech problems or other development delays, we need to look at those children's specific stories reaching all the way back to before birth and compare them to other children's stories to figure out what might predict these problems early on and how we might be able to prevent them. This is why it is so important that the same participants stay in the study long term so we can gather an accurate story about children's development, not only at one time, but throughout their lives. Thank you for making this research possible with your commitment to AOB!