



The All Our Babies Study NEWSLETTER

ISSUE 4

OCTOBER 2012

Director's Message

Autumn heralds a busy time for many families. Perhaps you have older children heading back to school, perhaps you are just reorganizing after a relaxed summer, or perhaps you are even already preparing for the holiday seasons ahead. Whatever the events in your life, we would like to thank you for making some time in your

busy schedule to continue supporting our study. We can never emphasize enough how valuable your responses are to our team, our findings and our understandings of healthy development. With this knowledge, we can improve the health and well-being of all our babies for generations to come.



Cheers,
Suzanne Tough, PhD

Learning As We Go

As participants in the All Our Babies Study, you are continuously providing us with valuable information and support for our study. In turn, we like to let you know a little about what we are learning through your responses. Although some of the research needs years of information to fully complete, we are constantly learning about different aspects of growth and development. Recently, we have been learning about the well-being of mothers and their children at 12 months.

Most Popular Baby Names in the AOB Study:

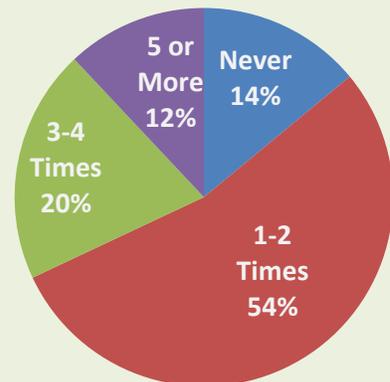
- | | |
|------------|-------------|
| 1. Liam | 1. Olivia |
| 2. Ethan | 2. Abigail |
| 3. Lucas | 3. Brooklyn |
| 3. Matthew | 3. Chloe |
| 4. Jacob | 3. Claire |

Selamlar

30% of babies in the AOB study are regularly exposed to a language other than English.

Sleeping Patterns

By the time their babies are 12 months old, over 50% of mothers report that their sleep is interrupted 2 times a night or less.



85%

of AOB babies are sung to on a daily basis at 12 months old.



57%

of women report at least some

back pain 12 months after delivery.

For tips on managing back pain, see www.backactive.ca



On average, AOB babies were sleeping about 9 hours a night by 12 months old.

Contact Us: If you have any questions about the study, please contact the All Our Babies Study Team
E-mail: allourbabies@albertahealthservices.ca Telephone: (403) 955-7539

Meet the Team

It takes many people to make our research team successful. In the last newsletter, we introduced you to some of the Research Assistants you may have spoken to on the phone from time to time. This time, we would like to introduce you to two key team members who are integral to the continued operation of the study. Below, they share about their work with the team and their passion for it.



Sheila McDonald, PhD

Describe your role on the All Our Babies Team. I am the Senior Research Associate with the All Our Babies team. I manage the longitudinal data and develop and analyze research questions that examine links between early

experiences and child and family well being.

What is the best part of the job? Being a part of an exciting research project, findings from which will contribute to a better understanding of maternal health and child development. For example, we are working on better ways of identifying women with poor mental health during pregnancy so we can intervene earlier, even before the baby is born.

How long have you been with the study? I've worked on this study over 3 years.

What experience and background led you to this position? I am an epidemiologist with training in research methods, longitudinal data analysis and cohort studies.

Why are you interested in or passionate about child development/pregnancy research topics? Because of the opportunity to make a difference early on in a child's life and to support women in pregnancy.

What do you enjoy doing outside of work? hobbies, activities etc? I enjoy spending time with my two children and my family. I enjoy running, hiking in Kananaskis, reading psychological thrillers, and going to art museums.

How would your friends describe you? Down to earth and independent.

What is your favourite or dream travel destination and why? Italy, for the culture, the food, the history and the art.

What would you most like to say to All Our Babies participants? Thank-you! Every response counts and your information and support will help improve the lives of pregnant women, their children, and families in the future.



Nikki Stephenson, MSc

Describe your role on the All Our Babies Team. My role is to keep the study moving forward, whether by data entry, developing questionnaires or balancing our accounts. I try to maximize the study's effectiveness

while ensuring our study is conducted with integrity and efficiency.

What is the best part of the job? I enjoy the communication aspects of this position, such as communicating with the research assistants who are always keen to learn more and are excited to be involved with the study. I also look forward to contact with participants, as it is wonderful to hear what they have to say about the questionnaires and the study.

How long have you been with the study? I have been with the study since January 2012 when I moved to Calgary.

What experience and background led you to this position? My background is in the basic sciences, physiology and reproductive biology. My experience in the basic sciences helps the team think about the mechanisms behind what we are learning. This is different than being in a lab all day, but I enjoy being exposed to different areas of study.

Why are you interested in or passionate about child development/pregnancy research topics? With my background in reproductive biology, I am interested in the life course view of pregnancy. I find it fascinating and very exciting that we can follow a child from early pregnancy through childhood and hopefully identify key areas to improve current policies and practices.

What do you enjoy doing outside of work? hobbies, activities etc? I enjoy cooking, going to the dog park with my dog, reading, and volunteering for different programs.

How would your friends describe you? A fun, easygoing, and reliable friend who is easy to talk to.

What is your favourite or dream travel destination and why? I would love to go to the UK. The history is so interesting, and I love accents!

What would you most like to say to All Our Babies participants? I truly appreciate all the hard work you put into the study, as you are the most valuable people in the study. Without your openness and willingness to complete all of the questionnaires, we wouldn't have the opportunity to answer so many critical research questions.