

# The All Our Babies Study

# NEWSLETTER



ISSUE 9



There have been many changes happening around the All Our Babies offices. Since the last newsletter, four of our staff members have started maternity leaves! We are so happy to celebrate the arrival of these babies with our staff members. We have also moved our offices to a new space in our building that has been designed to promote collaboration among teams of researchers. One of the teams we now work beside is the Alberta Pregnancy Outcomes and Nutrition study (APrON). With this move, we are looking forward to new partnerships that will help us use the information you give us to its best potential.

Another exciting development we have been working on is the follow-up survey for you and your families when your All Our Babies child turns 8 years old! As with all the questionnaires you answer for us, we are creating this one to capture the most important information at that age and are consulting with many experts to make sure we ask the most valuable questions. The first of these surveys will be sent out next summer when the oldest AOB kids start turning 8 years old. Thank you for your continued support and enthusiasm for this research that makes an 8 year survey possible! Please remember to keep us updated if you move or change your contact information so that we can keep in touch!

Cheers,  
Suzanne Tough

## Wading through Websites: Tips for Evaluating Online Information

When questions come up in our daily lives, we usually have a number of options at hand. Increasingly, however, we tend to turn to the one that is often literally in our hand: the internet. We google and post our questions regularly, and in return, get a flood of information. So how do you know what or who to trust? Below, we provide some tips for determining if the information you find online is reliable:

- **Who says?** – Check if there is a recognized institution or professional advisory board behind the site, such as Alberta Health Services, the Canadian Pediatric Society or a pediatric hospital. These types of sites provide well-researched information rather than opinions and anecdotes. While parenting forums sometimes provide valuable moral support, they are not a reliable source of evidence-based information. Avoid sites selling products or sponsored by companies who could make money from the advice given.
- **How old?** – Check for recent updates. New research is available all the time and sites that don't provide regular updates may no longer be accurate.
- **Feeling guilty?** – Websites that use criticism to scare or shame parents into behaviours are not trustworthy sources of information. Instead, look for websites that equip and empower you with the information you need without the guilt-trip.
- **How long?** – Limit your sources to a few trusted sites that you can use confidently and efficiently. Although you can scour the internet for hours, you will often end up with contradictions and confusion. Instead, rely on a selected short-list of sites you know you can trust. If you are still concerned after checking those sites, it may be time to see your family doctor, public health nurse or call HealthLink for personal advice.

### Websites We Trust:

#### Encyclopedia on Early Childhood Development

<http://www.child-encyclopedia.com/>

#### Healthy Parents Healthy Children - AHS

<http://www.healthyparentshealthychildren.ca/>

#### Caring for Kids – Canadian Pediatric Society

<http://www.caringforkids.cps.ca/>

#### Centre on the Developing Child – Harvard University

<http://developingchild.harvard.edu/>

#### MomEnough

<http://momenough.com/>

## Welcoming the Newest Babies to the Team!



**Grace Lee**

born Sept 22, 2014 to  
AOB Project Coordinator  
Nikki Stephenson,  
weighed 6 lbs 9 oz



**Daniel Benedikt**

born Oct 22, 2014 to  
Master's student  
Ingunn Benediktsson,  
weighed 8 lbs



**Khyrit Simran**

born Oct 22, 2014 to  
Postdoctoral Fellow  
Kiran Manhas,  
weighed 7 lbs 9 oz



**Saboura's baby**

born Jan 30, 2015 to  
Research Assistant,  
Saboura Mahdavi,  
weighed 8 lbs 0 oz

## How To: Get Out into Our Communities

Research tells us that using community resources when our children are young can decrease isolation and improve social support, which has a positive impact not only on moms but on children as well. With 4 team members welcoming new babies in the past few months, we decided to ask around our office to find out how moms on our team have used the resources available to them when they had young children:

### ***Favourite Spots to Go in the Community***

My local City of Calgary Pool has a wading pool for kids, and the entrance fee is \$1.50 per person on weekday mornings. I would often meet other moms with young kids there.

**The Zoo! The cost of the membership is pretty reasonable, and there are lots of places to just go hang out.**

The local library. I went to the drop-in story time and to just pick up books for the week.

**Parks in summer or mall play places when it was cold out. Some malls are open as early as 6:30 or 7 for indoor walking.**

### ***Recommended Activities for Other Moms***

The new moms group at the public health centre. The women that I met there have become a key source of support and information as I learned to be a mother.

**My local community center has a Mom & Baby drop in morning twice a week. This was a great place to meet new moms in the neighbourhood.**

Mom and Tot classes, such as "Baby and You for Moms" (through Birth and Babies), music classes (through Brilliant Beginnings or Kindermusic), swimming, or yoga

### ***Strategies for Getting Out of the House***

I set myself the goal to have one "activity" per day. It was helpful for me to have a schedule, so that I didn't need to think about what I was doing every day. If it was Thursday, I knew it was grocery day, if it was Friday, it was library day. I didn't always stick to the schedule, but I found it was useful because I didn't wake up every morning wondering what I was supposed to do that day.

**I made a point of going out at least once a month to do a 'photoshoot' somewhere. We'd pick a new park or an interesting building, and go exploring with the purpose of taking some pictures. It gave me a purpose rather than just "being out of the house." And now I have tons of awesome pictures from her first year.**

### ***Sources for Activities***

A group called Mothers Opposed to Boredom, the local Co-op message board, newsletters like Family fun: [calgary@familyfuncanada.com](mailto:calgary@familyfuncanada.com), friends and other new moms at the park or public health clinics

To update your contact information or ask us a question, contact us at:  
[allourbabies@albertahealthservices.ca](mailto:allourbabies@albertahealthservices.ca)  
or by phone at (403) 441-8451