

The All Our Babies Study NEWSLETTER



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The Season has Changed



As we welcome yet another fall season, many of the All Our Babies (AOB) children and families are settling into regular school day routines. Our AOB team has also developed new routines since moving into our new space in the Owerko Centre at the Child Development Centre. This move enables us to work closely with other researchers interested in Maternal and Child Health, such as the APRON team. This

location is leading to new and exciting research for all of us.

I would like to take this opportunity to introduce one of our substudies; the Phonological Awareness Study, led by Drs. Beverly Collisson and Susan Graham. This study invites some of our five year olds to come to the Owerko Centre for one-on-one evaluations with our research associates. We hope to learn more about how language develops in early childhood and how daily activities, such as singing, imitation games and even childcare, influence this development. Some of you may have already been contacted to participate in this study whereas others may be contacted in the very near future. We are very eager to meet you and your children! We are now in the process of launching another new substudy related to how young children respond to stress. This project is led by Drs. Sheila McDonald and Dawn Kingston. Some of you may remember Sheila from her days with AOB as a Post Doctoral Fellow. As we work out the details of this project we will keep you informed and look forward to your participation!

Although it seems early, and some of your children are just 5, we have begun working on the 8 year questionnaire. We will be looking to you and our community to help us ask the right questions, and we encourage you to keep us informed about changes in your address and contact details.

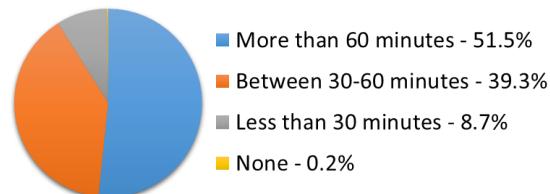
This is a challenging time of for many families with the instability in our economy. I imagine all of us, and our loved ones, have been touched in some way. In the AOB team we have seen families experience job loss, increases in job stress, and increased worry and concern about the future. These concerns are noted by our community organizations such as United Way who are looking for evidence to inform their investments. Evidence from AOB indicates that using low cost, local community resources such as the library, drop in parent support groups, and playgrounds can reduce the risk of poor mental health in a very meaningful way, especially for families under stress. We have shared this with United Way and other organizations as a mechanism to support evidence based policy and programs. This analysis and report is only possible because of your ongoing participation in completing the questionnaires!

On behalf of our entire team we are deeply grateful for your continued participation and support of All Our Babies.

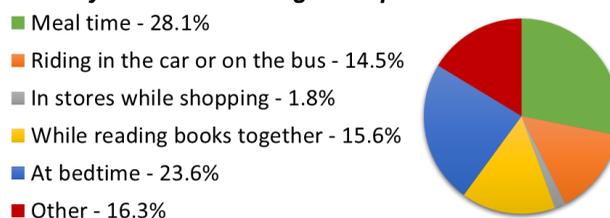
Suzanne Tough

Snapshot from our survey at 3 years

By the end of the day, how many minutes have you and your child just talked or chatted together?



Where does your best "chatting" take place?



Do you, or other adults who spend time with your child (including childcare providers) visit the library?



Introducing the Phonological Awareness Study!



Pilar Monchi (photo left) is a mother of two teenagers and has a degree in Speech and Language Therapy. She is currently working as a Research Associate and joined the AOB study in January 2015. She has worked with children with communications disorder in England, Montreal and Colombia. She moved to Calgary in 2014.

Michaela Summers is an undergraduate psychology student at the University of Calgary. She joined the AOB team as a Research Assistant in April 2014.

Rajni Walia (photo right) is a mom of two young boys. She is a full time Research Assistant with the AOB study. Rajni joined the team in November 2014. She has a Masters degree and a diploma in computer application from India.

Pilar, Rajni and Michaela are the enthusiastic team members you will meet at the at the Owerko Centre. We are always excited by their skills and eagerness to work with young children! This study will help us determine what early supports help children develop the best possible language skills.

ABCD Study

Alberta Births Common Data Study

The Alberta Births Common Data (ABCD) is a collaborative effort between two pregnancy cohorts to collect the same information over time. These pregnancy cohorts are All Our Babies (AOB). And Alberta Pregnancy Outcomes and Nutrition (APrON). AOB and APrON have collected data on families since pregnancy, and now will collect the same information from participants as children enter school.

APrON and AOB have detailed information and biological samples from pregnancy to age 3. Some of this early information is the same. The ABCD approach will ensure that new information on demographics, lifestyle, mental health, family functioning, parenting, child care, child development (social, emotional, physical, cognitive) is consistent. This information is critical to determine the early origins of child development, including emotional and behavior problems, learning problems, injury, obesity and chronic disease. The detailed information on adult wellbeing can be analyzed to advance understanding of issues of importance to families with young children.



APrON Study

Alberta Pregnancy Outcomes and Nutrition Study

The aims of Alberta Pregnancy Outcomes and Nutrition (APrON) are to determine the relationships between maternal nutrient intake and status, before, during and after gestation, and (1) maternal mood, (2) birth and obstetric outcomes, and (3) infant neurodevelopment.

APrON recruited women early in pregnancy and has data from 2200 pregnant women, their children and many of their partners. APrON has collected comprehensive maternal nutrition, physical, biological and mental health data at multiple points in the pregnancy and the post-partum period, as well as obstetrical, birth, health and neurodevelopmental outcomes of these pregnancies.

APrON's vision is to improve the health and long-term potential of mothers and newborn babies by identifying the role of nutrition in mental and neurodevelopmental disorders, and long-term neurocognitive function.



TRAIL MIX POPCORN BALLS

Here's a perfect fall activity for those little helping hands that don't mind getting messy ...

PREP TIME: 9 mins

COOK TIME: 3 mins

INGREDIENTS

3 tablespoons unsalted butter or non-hydrogenated margarine

5 cups mini marshmallows

10 cups air popped popcorn

1 ½ cups of mix-ins such as unsweetened dried fruit, lightly crushed mini pretzels, nuts, or some fun candies (the combinations are endless!).

INSTRUCTIONS

In a saucepan, mix the butter (or margarine) and marshmallows together and heat on medium until the marshmallows are melted and mixed with the butter.

Place the popcorn in a large bowl and toss in the mix-ins. Quickly pour the marshmallow mix over the popcorn and mix well until everything is completely coated.

Wait about a minute for the mixture to cool and begin to shape the mixture into balls. Coat hands with nonstick cooking spray to make forming balls easier.

Place finished trail mix popcorn balls onto parchment paper to cool. Store in an airtight container and enjoy!

Keep in Touch - Help Keep Our Files Up to Date

Staying in touch with our participants is a key part of our work. When we lose touch with participants we lose some of our ability to answer important health questions. If you have moved, changed your phone number or have a new email address, please take a moment to let us know.

More Information

Check out **our website** for study result, publications, and other study information from Dr. Suzanne Tough, principal investigator of the study.

Contact Information



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