



GREETINGS, PARTICIPANTS!

Happy Thanksgiving! Fall is here, bringing crisp air, quality time with family, and the return of back-to-school routines. With the tension and uncertainty related to the teachers strike, we anticipate there have been challenging moments, and our thoughts are with you and your children. If you and your family would like some resources at this time, please find some on the Government of Alberta [website](#)! Thanksgiving is a time we often reflect on our well being, and have time for connections. Despite the unpredictability, we hope you have been able to find some nourishing moments with family and friends. Whether you're sharing a meal with loved ones, enjoying the beauty of autumn, or finding a quiet moment to rest, we hope you feel supported and appreciated.

The AOF team has had a busy start to the fall season, spending time in the community and connecting with many of you, our participants. It was wonderful to meet some of you for the Owerko Centre Community Connection event! We also featured the Cultivating Resilience and Flourishing workbook at the Hotchkiss Brain Institute Dementia and Brain Health Research Mixer with the Greater Forest Lawn 55+ group. The wide range of audiences interested in the workbook has been wonderful- and we continue to share the material with community organizations and the public.

If you haven't had the chance to access your free copy of Cultivating Resilience and Flourishing, the workbook and accompanying worksheets are available for [free on our website](#). It includes practical approaches and tools to help you feel better, make better decisions in difficult times, and find more time for what truly matters.

Our team has been busy preparing the upcoming questionnaires for early in 2026- and you can anticipate some questions on managing the competing demands of this stage of life, and your youth can help us better understand screen time, climate concerns and AI. We've also been working on translating our research findings into easy-to-use resources, including a new infographic on family media ecology that we're excited to share with you and your family.

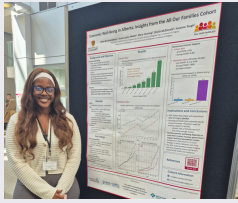
We're so thankful to keep sharing this journey with you. Since 2008, All Our Families has grown right alongside you through the ups and downs of parenting. It means so much to be part of your story, and we're grateful for your ongoing support and connection.

Warmly,
Suzanne



STUDY UPDATES

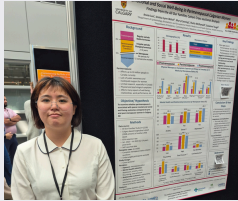
LILIAN



2025 TRANSDISCIPLINARY CHILD AND MATERNAL HEALTH TRAINEE RESEARCH DAY

Our summer students, Lilian, Annie, and Josh presented their AOF projects at the 2025 Transdisciplinary child and maternal health trainee research day on August 26, 2025. The Research Day was led by the Alberta Children’s Hospital Research Institute Trainee Association (ACHRITA) in partnership with the Owerko Centre, ACHRI and UCalgary’s Graduate Students’ Association. Congratulations to Annie, AOF’s MSc Summer Practicum Student, won 2nd place for her poster presentation in the Master’s group!

ANNIE



Using insights from the All Our Families cohort, Lilian’s project was to investigate economic well-being in Alberta. Annie’s project was to explore emotional and social well-being in perimenopausal Calgary women. Finally, Josh’s project was to identify associations between social media use and youth flourishing.

JOSH



OWERKO CENTRE: COMMUNITY CONNECTIONS 2025 & HOTCHKISS BRAIN INSTITUTE DEMENTIA AND BRAIN HEALTH RESEARCH MIXER

We were delighted to meet some of you at the Owerko Centre: Community Connection event on September 25. At this event, our team hosted a fun health and well-being Jeopardy game and shared our workbook with youth, parents, researchers, and other community members.

Our team also had the opportunity to attend the HBI Dementia and Brain Health Research Mixer at the Greater Forest Lawn 55+ Group earlier this month. It was a meaningful chance to connect with community members, including those living with dementia and their caregivers, and to share our workbook as a supportive resource.



OUR UPCOMING QUESTIONNAIRE

Looking ahead, our next phase of research is planned for Winter/Spring 2026. For youth, we aim to explore important topics such as flourishing, climate change anxiety, and overall mental health. For mothers, our focus will include the transition to peri-menopause and menopause, as well as how this stage of life influences their relationships with their youth.



STAFF SPOTLIGHT

Congratulations are in order for our Research Program Manager, Muci Wu, who recently returned from her maternity leave!



Muci Wu

Tell us a little about you.

Sure! I started with All Our Families during the early days of the study where I phoned participants and reminded them to complete the one year survey. That was during the last year of my undergraduate degree. These days, my current role is Research Program Manager and I recently just came back to work after a year off for maternity leave. Outside of work, I enjoy wheel throwing (pottery) and gardening.

Congratulations on becoming a mom! What has been the most surprising thing about it so far?

Thank you! You know, having been surrounded by colleagues having babies over the years and working with this study focusing on moms and babies did NOT prepare me for motherhood like I assumed it would. It is a whole new world over here. And it is so fun! Hard work, but so much fun.

What kinds of support have been most helpful to you as a new mom?

Having leaned a lot on my partner, family, friends, and community this past year, I'd say those were so important to my well-being. It really does take a village! ... and coffee deserves an honourable mention too.

Are there any favourite resources you've had since becoming a mom?

We loved baby time at the library – it was such a wonderful way to get out of the house each week. My daughter enjoyed the songs, and I appreciated the chance to connect with other new parents at the programs. Another resource I found valuable was *Matrescence*, a book by Lucy Jones that explores the transition into motherhood and the ways it reshapes our being. Coincidentally, one of the chapters even cites research from our very own All Our Families collaborator, Dr. Nicole Racine.

How has becoming a mom changed your daily routines?

Well, I wake up before 6 am now...

What's the best piece of advice you've received as a new mom?

One of the best pieces of advice I got early on was that I know my baby best. There is so much information out there on parenting and raising children that it's hard to know what's "right". When I get stressed and overwhelmed about parenting, I have to remind myself this and to trust my gut.

STAFF UPDATES

Welcome Kristine

Kristine joined the All Our Families team as a research assistant in 2024. She completed her BHSc in Psychology at the University of Calgary in 2023 where her thesis was a meta-analysis on individual level



predictors of well-being in adolescents during the COVID-19 pandemic. She is currently pursuing a MSc in Community Health Sciences, specializing in Epidemiology where her thesis research aims to bring together psychology and epidemiology to inform potential interventions and public health practices to support hospitalized or at-risk populations for chronic illnesses. Outside of research, Kristine enjoys Olympic weightlifting, tinkering with keyboards, and reading.

PUBLICATION SPOTLIGHT

How Does Family Media Ecology Impact Child Mental Health in Middle Childhood?

(Eirich et al., 2025)

DOI: [10.1016/j.jchb.2025.108762](https://doi.org/10.1016/j.jchb.2025.108762)

WHAT WE KNEW

- Families are spending **increasing** amounts of **time on devices**, often **reducing** opportunities for **face-to-face interaction**
- Research has found links between **children’s device use** and **negative outcomes** for their mental, cognitive, and physical health
- **Previous studies** focus on screen time duration, while **few** have assessed **which specific factors** contribute to **child mental health** outcomes. This study aimed to **address this gap** in research

Family media ecology: the way families use, share, monitor, and are influenced by media and technology in their everyday lives and relationships.

Technoference: refers to interruptions in parent-child interactions due to technology use.

OUR AIM

This study aims to identify which aspect of **family media ecology** such as the **type of device**, **how it’s used**, and how parents **monitor** technology, has the largest impact on **children’s anxiety** and **depression**.



OUR METHODS

All Our Families mothers and their children ($n = 1140$) completed questionnaires about parental technoference, device use, and child mental health symptoms (depression, anxiety) at three time points during the COVID-19 pandemic.

WHAT WE LEARNED

Child perceptions of maternal technoference were associated with **children’s later depression** and **anxiety** symptoms



Total screen time duration was associated with **later depression** and **anxiety** regardless of device type

Text messaging frequency was associated with **anxiety**, particularly in **girls**



WHY IS THIS IMPORTANT?

- Findings support **prioritizing device-free family time**. Families should consider how **every** family member, **including parents**, are using screens (where, when, how often, etc.)
- Most research has focused on how long children spend on ‘**screen time**,’ but this is **just one piece** of their wider media ecology
- **Family media ecology** considers the **type** of media children use (like video games or social media), the **context** of use (such as using it alone or before bed), and the **family relationships** surrounding that use



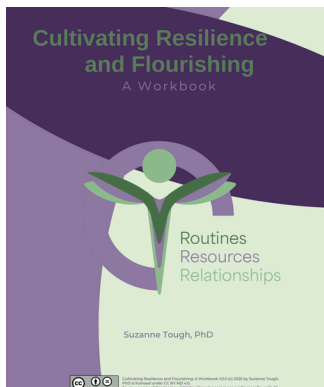
YOU ASKED, WE ANSWERED!

Q: Many people are using Invisalign for teeth straightening. What are the health impacts when worn for many hours a day? What about for night guards?

Night guards and teeth-straightening devices, such as Invisalign, can release tiny plastic pieces called microplastics (MPs) during use. Many people are concerned about the ingestion of MPs in today's society due to the potential increased risks of inflammation throughout the body and potential disruption of the intestinal microbiome. There is a lack of clear research evidence showing what amounts of MPs in our bodies pose a danger to our health. Emerging laboratory-based evidence suggests that Invisalign releases the fewest MPs, approximately 2.3 MPs per week, compared to other teeth-straightening devices. This amount may not be concerning because, comparatively, people in North America consume about 106 to 142 MPs every day from sources such as air, water, seafood, and alcohol. Currently, there are no official regulations in Canada or the U.S. about the number of MPs that can be in food and drinks, or the amount released from dental products. Scientists continue to study MPs in lab and environmental experiments, which typically happen before human clinical and population studies.

REACH OUT TO OUR TEAM IF YOU HAVE ANY QUESTIONS YOU WOULD LIKE US TO ANSWER!

OUR WORKBOOK



Haven't downloaded our free workbook yet? Decades of research by Suzanne Tough, PhD, and others have been turned into practical approaches to help you feel better, make better decisions, and find more time for what truly matters. This workbook "Cultivating Resilience and Flourishing" explains these approaches and why they work. In as little as 5 minutes, you can get some ideas that may be helpful for you, your clients, and/or your family.

Get started now! Access the full workbook or just the worksheets, on our website ucalgary.ca/allourfamilies/workbook

LET'S CONNECT

If you have any questions about this newsletter or want to connect about the study in general, we would love to hear from you!

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Email: allourfamilies@ucalgary.ca | **Website:** <https://ucalgary.ca/allourfamilies>