

## Welcome to the Team!

This fall, we welcome two new team members to the All Our Babies study. Erin began her PhD studies at the University of Calgary in September and Jodi has taken over as project coordinator and your main contact at the study, as our other project coordinator, Nikki Stephenson, enjoys her maternity leave.



**Erin Hetherington** is a mum of two with a background in public health and human rights. Originally from Montreal, Erin has lived and worked in Venezuela, Mexico, the United States, Uganda and Tanzania before making Calgary her home. Erin has a passion for understanding how social conditions impact women's health. As a PhD

student with the study, her research focuses on how social support networks can help improve the lives of families. When she is not studying, Erin enjoys swimming, reading, and hanging out with her kids at the park, the zoo, or anywhere in the great outdoors.



**Jodi Sidhu**, a mom of two young boys, has a degree in Nutrition and Food Science from the University of Alberta. She was born and raised in Edmonton and moved to Calgary in 2009 after getting married. Jodi went on to complete a diploma in Clinical Research and a certificate in Project Management from

SAIT. Jodi is joining the All Our Babies study in the role of project coordinator, which will allow her to utilize her skills in project management. In her spare time, she enjoys shopping, watching movies and eating out.

## Other Research Opportunities

In the spirit of collaboration, we present some new research opportunities you may be interested in below. The All Our Babies study is not affiliated with these research projects. These are separate projects that may be of interest to our participants. If you are interested, you may contact them to enrol in their studies. If you have any questions or comments about All Our Babies, we would love to hear from you at:

[allourbabies@albertahealthservices.ca](mailto:allourbabies@albertahealthservices.ca) - (403) 955-7539.



### Gestational Diabetes Survey

We are looking for women who have experienced Gestational Diabetes, their family members and health care providers to share experiences and views

Visit [www.achord.ca](http://www.achord.ca) to fill out a short survey

For questions, call us toll-free at 1-855-819-2223 (ABCD) or email, [achord@ualberta.ca](mailto:achord@ualberta.ca)

### Tomorrow's generation needs your help today!

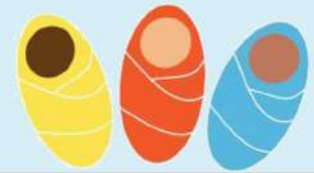
Have you ever wondered why some people develop cancer, or other conditions like heart disease and diabetes, while others do not? Alberta's Tomorrow Project is trying to shed light on these questions.

The goal of Alberta's Tomorrow Project is to enroll 50,000 Albertans aged 35-69y, who have never had a cancer diagnosis. We will ask people who sign up to provide regular updates about their health for up to 50 years. Eventually, some people will develop cancer or other health conditions. Researchers will analyze the health information provided by people over time to discover differences between those who developed disease and those who did not. Those differences will help us understand more about the causes of cancer and other long-term health conditions. Ultimately, the aim is to find better ways of improving health and quality of life for future generations.

Right now, Alberta's Tomorrow Project needs only 3000 more people to sign up before 31st March 2015 to reach its target of 50,000 participants.

If you're interested in finding out more about Alberta's Tomorrow Project, call toll-free on 1-877-919-9292 or visit [www.in4tomorrow.ca](http://www.in4tomorrow.ca). Thank you!

# The All Our Babies Study NEWSLETTER



The All Our Babies Study

OCTOBER 2014

ISSUE 8



Fall has arrived, and with it, a new school year. For some of the All Our Babies moms, this might be the first year your child has gone off to school. As the oldest All Our Babies children are 5 and 6 years old, many will be starting kindergarten this year, and some may even be starting grade 1! This is an exciting and busy time for children and families and a crucial time for us to learn about how everyone transitions into school. Information from this stage of life can help us understand how children can be best prepared for school entry. We know this is a very busy time, and thank you for continuing to support All Our Babies. Our survey at age 5 has been launched with families at this stage, and we are thrilled to see the responses coming in every day.

So, while some children are 5, we are also thrilled to continue receiving surveys from families at the 3 year stage. If you still have a questionnaire about your 3 year old to send in, we would love to receive it as we prepare to analyze all the information we have received about life when children are 3.

As we gather more and more data, we are also adding to our team to make sure the information you provide is used to fullest capacity. This year, we have Erin Hetherington and Jodi Sidhu joining the team, whom you can meet later on in this newsletter. We also are welcoming a few tiny additions to the All Our Babies research family as **four** of our team members will have new babies in their families this year! We look forward to introducing you to them when they have all arrived in the spring. From our growing family to all of yours, we wish you a healthy, productive fall season!

Cheers,  
Suzanne Tough

## Snapshot at Age 2

### Here's a quick look at the All Our Babies kids at 2!

It can take some time to prepare the answers from all 3200 families in our study. We've just finished this process for the data at age 2 and it's ready for analysis! We'd like to share some of the details with you!

#### To Do Today:

More than 50% of parents report doing each of the following activities with their child daily. Our research tells us that reading and playing imitation games in particular can reduce risks of developmental delay.

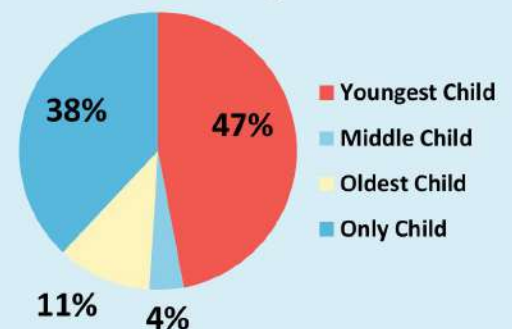
- ✓ Read
- ✓ Play imitation games
- ✓ Sing
- ✓ Pretend
- ✓ Scribble/draw
- ✓ Play with educational toys
- ✓ Play with alphabet toys



Average  
Height:

**86 cm**

#### Sibling Order:



On an average weekday:

**67%**

spend over 3 hours  
in physical activity



**92%**

spend 1-3 hours  
napping