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APRIL 2022, ISSUE 3

# Bump2Baby and Me

Participant Newsletter

We have  
finished  
recruiting and  
our B2B family  
is almost  
complete!



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## Your journey so far

We are delighted to let you know that recruitment is finished in all four countries and you are now one of our 850 participants!

In this issue we wanted to highlight the importance of sharing your experience and how to give feedback (both good and bad) to maternity services. We have some tips for maintaining wellbeing in pregnancy and how to bath your baby. Also, we'd like to share with you what goes on behind the scenes of the Bump2Baby and Me project with a video showing how your bloods are processed.

Thank you again for taking part in this exciting research and we hope you are enjoying the journey with us so far.

Best wishes

Associate Professor Sharleen O'Reilly,  
Project Leader



# In the Spotlight

Your experience matters and so does your feedback

Each pregnancy, birth, and everything in between is unique to you. Whether your experience of the care provided to you was positive or negative, it can be important to share this feedback with your health service so they can learn from it and keep improving.

Some of you have spoken to us about your experiences in the hospital and in other services and were unsure of how or where to give feedback. We thought it would be useful to include some information about how you can give feedback about your experiences throughout your pregnancy, the birth of your baby, or after baby arrives. There are a few ways you can do this in Dublin:

- ♥ Any comments or feedback can be shared with the National Maternity Hospital online using the [Compliments & Complaints form](#).
- ♥ Feedback on other community services can be submitted via email or using the online form on the HSE website under [Your service your say](#).



## Did you know?

Ever wondered what happens to your blood samples that are collected as part of the study? Click on the image above to view a video showing what happens to your samples and how they are stored in the Bump2Baby and Me project.



## Baby's bath time

Bath time can be great for bonding with your baby and massaging and playing with them can make it extra special. It will help your baby to relax if you keep talking while you wash them. Never leave your baby alone in the bath. If you need to leave, bring them with you.

**Step 1:** Gather everything you may need including towels, cotton wool, clean nappies, and clothes.

**Step 2:** Fill the bath until there is around 8-10cm of water in it. Fill with cold water first then add warm water to make sure it is not too hot. Keep the water at around 36 degrees Celsius and make sure the room is kept warm.

**Step 3:** Begin by washing baby's face and bottom before putting them into the bath, then hold your baby's head over the basin and wash their hair.

**Step 4:** Slowly lower baby into the bath placing one arm behind their shoulders and neck and place your other arm under their bottom. Once they are resting on the floor of the bath you can wash the rest of their body.

**Step 5:** When your baby is clean you can take them out of the bath again with one hand supporting their neck, and one under their bottom making sure to hold their legs as they will be slippery.

**Step 6:** After the bath, dry your baby giving special attention to skin folds.

# Pregnancy focus

## My hospital bag, what to pack

Going to the hospital to have your baby can be an exciting, but also a nervous time. Being prepared can help reduce any stress when the time comes. If this is your first baby (or even your second, third, or fourth) it can be hard to know what to bring to hospital. One of our study midwives, Laura, has the following advice on what to pack in your hospital bag:

### For mum

Comfy dark coloured nightdresses/pyjamas with front buttons for easy access for skin to skin contact with baby <input type="checkbox"/>	
Comfy dark coloured, high waisted underwear (cotton or disposable) <input type="checkbox"/>	
Light dressing gown and slippers or flip flops <input type="checkbox"/>	
Toiletries: hairbrush, hair ties, toothbrush, toothpaste, shampoo, shower gel, face cloth, deodorant, towel, lip balm, hand sanitiser <input type="checkbox"/>	
Going home outfit (loose-fitting, something that fitted at 26 weeks pregnant) <input type="checkbox"/>	
Earphones <input type="checkbox"/>	Breast pads <input type="checkbox"/>
Phone and phone charger <input type="checkbox"/>	Nipple cream <input type="checkbox"/>
Refillable water bottle <input type="checkbox"/>	Nursing tops <input type="checkbox"/>
Any medicine usually taken <input type="checkbox"/>	Supportive bras <input type="checkbox"/>
Snacks (fruit, nuts and crackers) <input type="checkbox"/>	Maternity pads <input type="checkbox"/>

### For baby

Babygrows and vests (approx. 9 of each) <input type="checkbox"/>	Nappies (one pack) <input type="checkbox"/>
Hat <input type="checkbox"/>	Cardigan <input type="checkbox"/>
Baby wet wipes <input type="checkbox"/>	Nappy rash cream <input type="checkbox"/>
Cellular blankets x 2 <input type="checkbox"/>	Muslin cloths x 5 <input type="checkbox"/>
First outfit for baby in a zip lock bag (vest, babygrow, hat, and a nappy) <input type="checkbox"/>	
Car seat (to be brought in when going home) <input type="checkbox"/>	

## 5 Top Tips

For maintaining wellbeing during pregnancy:

### 1 Enough sleep

Make time to rest and sleep. It helps you recharge and grow your baby.

### 2 Take time out

Take regular breaks during your day to be more present or mindful. This helps to reduce stress. Try to make time each week to do something you enjoy, that relaxes you and improves your mood.

### 3 Support system

Make use of your support systems for help even if it is just for a chat. Reach out to your friends, family and your GP about any concerns you may have.

### 4 Healthy eating

Having a balanced diet can really benefit your wellbeing in pregnancy.

### 5 Regular exercise

Regular exercise: Being active during pregnancy is great for your wellbeing and walking is a fantastic activity you can do. Ask your midwife about other types of exercise for you.

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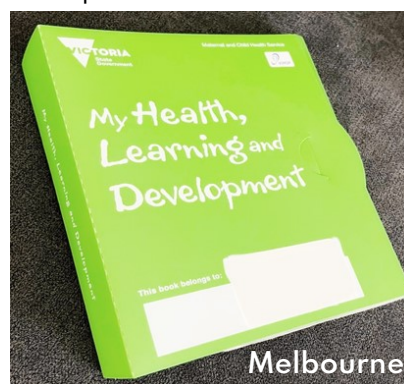
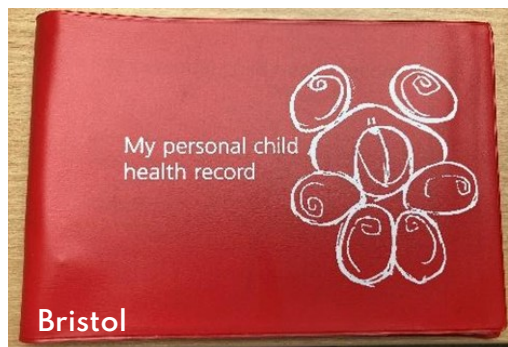
# How do I keep track of my baby's growth?

After your baby arrives, it may seem like they are changing every day. Actually, it is not far from the truth - during the first six months of life, your baby will grow about 1.5-2.5cm a month and gain about 140-200g each week!

Considering this and the fact that you are likely to be a little bit on the tired side running around after this little person, lots of countries provide women with a baby book after they give birth. It is a helpful way of keeping track of information such as your baby's height and weight at check-ups.

If you are not given a baby book, you could use a special notebook for this. It is a good idea to take it with you to any appointments. You can also add information yourself, such as illnesses or accidents. For the study questionnaires when your baby is three, six, and nine months old, you can refer to your baby's book to complete the 'Infant's Measurements' section.

Here are pictures of the baby books that mothers are given at the Bristol and Melbourne hospitals.



## Tell us more

We would love to share some of your experiences of pregnancy and life with your new baby in the next Bump2Baby and Me Newsletter. Your experiences may be helpful to other mothers in the study! Feel free to email any thoughts you would be happy to share (anonymously) in the next newsletter. For example

- ♥ How has your pregnancy been so far?
- ♥ How did you feel going into hospital to have your baby?
- ♥ How has life changed since your new arrival?

We'd love to hear your stories!



**Have you visited the study website yet?**

[bump2babyandme.study](https://bump2babyandme.study)



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