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Bump2Baby and Me

Participant Newsletter

Final study visits have started!



INSIDE THIS ISSUE

Spotlight on our participants

Tips for developing your baby's communication skills

Babyproofing your home

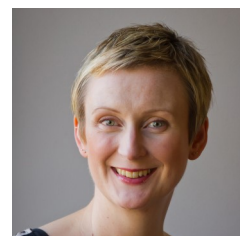
5 facts about the Dublin breastmilk sub-study

Welcome to our 5th newsletter! We have started the final 12-month visits at all sites, which is a huge project milestone. These visits are critical to understanding if the study worked or not and if it was helpful to mothers. We know it is a very busy time and we really appreciate you taking the time to come to the visit with your baby!

In this issue, we're pleased to share some 'hot off the press' and interesting results on who participated in the study because we have finalised the baseline, pregnancy, and birth datasets. The other areas included in this issue are about babyproofing your home, the Dublin breastmilk sub-study, and an article about developing your baby's communication skills. We hope that you find this interesting and helpful.

We are looking forward to meeting you at the final visit and thank you all for your participation - every piece of information helps us and will hopefully help other women and babies in the future!

Associate Professor Sharleen O'Reilly
Project Leader



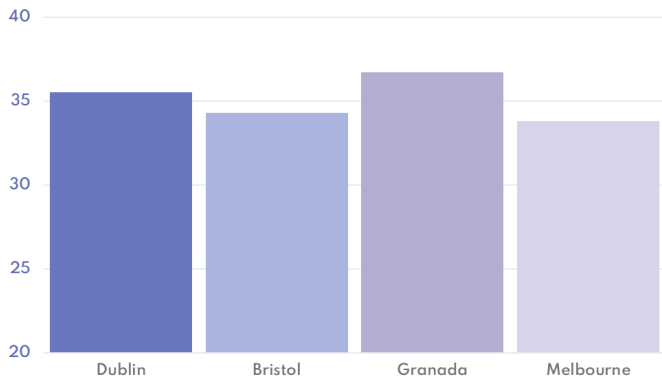
Spotlight on our participants

We have recently finalised the baseline, pregnancy, and birth data collected in the study. This means we can analyse information about the mums and babies in our study across our sites. So, who is taking part?

865 women agreed to take part in the Bump2Baby and Me study; 221 in Dublin, 220 in Bristol, 212 in Granada and 212 in Melbourne.

The average age of women taking part was 35 years, but age did vary over the sites. Women in Granada had the highest average age of 36.7yrs and Melbourne were the youngest at 33.8yrs. Ireland and Bristol were in the middle at 35.5 and 34.3 years respectively.

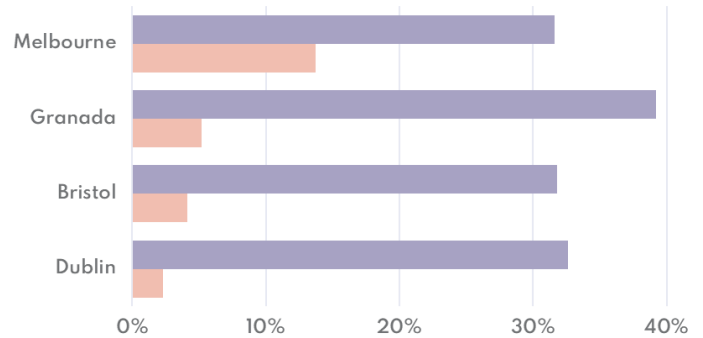
Average Participant Age in Pregnancy



We have also looked at how many women had a history of gestational diabetes. This showed some significant differences across sites with Melbourne being the highest at 13.7% and

Dublin the lowest at 2.3%. However, the number of women with a family history of diabetes was not that different. Granada was the highest at 39.2% but the other sites were roughly the same.

Percentage of Women with Family History of Diabetes
Percentage of Women with Gestational Diabetes



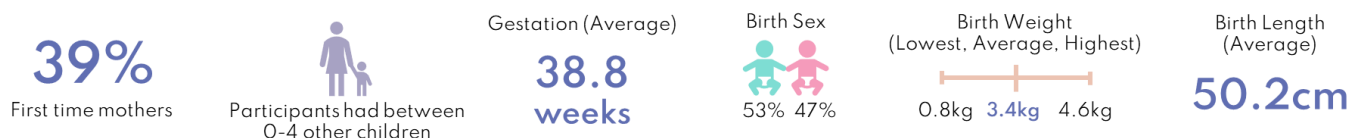
There were similar percentages of first-time mothers, but the number of previous children ranged across sites. Dublin participants had between 0-9 children, Granada participants had between 0-7 children, Melbourne participants had 0-5 children and Bristol participants had 0-4 children. There were more boys born in Dublin, Granada, and Melbourne while Bristol had more girls.

In the below figure, we show the lowest, average and highest birth weights at each site, the average birth lengths, and average weeks of gestation.

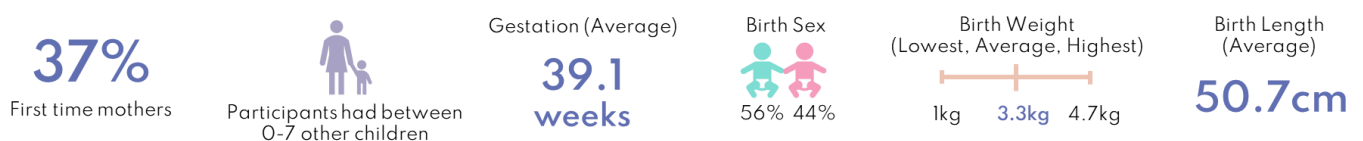
Dublin



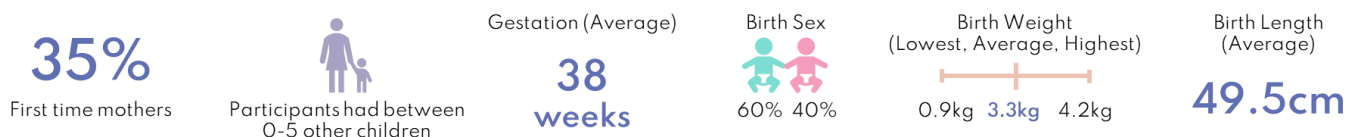
Bristol



Granada



Melbourne





Developing your baby's communication skills



Your baby watches you all the time and follows your cues. If we tune into our baby's facial expressions, eye, and body movements we can learn to communicate better with them.

You can respond to your baby by:

- ♥ Slowing down - they need a little more time to take in information and process all the new experiences going on around them. Every word is a new one!
- ♥ Talking to them about what they seem to be interested in. For example, "oh that's a dog that you are looking at".
- ♥ Getting face to face, about arm's length away, making eye contact and smiling. This helps your baby focus on your face.
- ♥ Listening to your baby, allow for natural pauses like you would do in a conversation. This shows you are listening to them.
- ♥ Copying the sounds and actions they are making, waiting to see if they respond. If they say "Ba, ba, ba" repeat it back to them.
- ♥ Comforting them when they cry as this shows you are responding to their communications. It helps them feel safe and secure and also builds healthy self-esteem.

Talking to your baby in your native language is great for developing their speech and language skills. In families where couples speak more than one language in the home, this means that the baby is exposed to and will develop strong skills in both languages.



Make language and communication fun!

- ♥ Sing songs and nursery rhymes. This is a great way to repeat words and you can use actions to help them understand the meanings.
- ♥ Snuggle up and have story time with a favourite picture book before bed or naps. Allow your baby to hold the book and turn the pages if they are interested.



- ♥ During playtime say the words of toys when they are in use. Add new words with familiar ones for example "this ball is soft".
- ♥ Interactive social games like peek-a-boo are fun and encourage your baby to communicate and concentrate.
- ♥ Sensory books that allow your baby to touch and interact are great to develop their communication skills. You can notice when they are interested and talk to them about pages, for example "look, the dog is furry!"
- ♥ Give your baby some stacking blocks, plastic cups and plates or pots and lids to play with. You can then talk and repeat new words as you play with them such as "the block is in the cup, oh no!"
- ♥ Give simple choices. Offer a choice of two items, this models words but also gestures. It helps initially if the second option is unexpected, silly or something they don't like. For example, "what would you like to play with, the blocks or a sock?"

Baby proofing your home

Now that your baby is crawling and maybe even walking or stumbling (!) around, it is important to make sure that your home is a safe space for your baby to explore.

Below are some tips and tricks to make it easier for you to babyproof your home:

- ♥ Make sure mirrors and picture frames on your walls are securely attached.
- ♥ Install finger pinch guards on doors.
- ♥ Install childproof locks on sliding doors.
- ♥ Place protective covers on furniture that has sharp corners or edges.
- ♥ Consider putting safety catches or locks on cabinets and drawers, particularly any that contain chemicals or dangerous substances.
- ♥ Make sure cots and beds are away from windows and ensure that blind cords are either attached to the wall or kept well out of reach of little hands.
- ♥ Ensure any windows have safety catches and install window guards on upper story windows if necessary.
- ♥ Install safety gates at the top and bottom of stairs and ensure they meet safety standards.
- ♥ Make sure that any potentially dangerous items like medicines or sharp objects are kept out of reach.
- ♥ Place a fire guard or screen around an open fireplace.

One important point to remember is that nothing can replace adult supervision. Your little person needs supervision at all times as they learn to navigate the world!

5 Fast Facts

About the Dublin breastmilk sub-study:

1 The sub-study will

look at the nutritional content of the breastmilk and how it links with markers of metabolism in blood.

2 59% of women

provided a sample when their baby was 6-8 weeks old, which was fantastic!

3 38% of women

were first-time mothers with no previous breastfeeding experience.

4 Almost 70% of women

were exclusively breastfeeding their baby and 30% were mixed feeding.

5 60% of women

used a breast pump to express the sample and 40% hand expressed.



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