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MARCH 2023, ISSUE 6

# Bump2Baby and Me

Participant Newsletter

12-month  
study visits  
are in full  
swing!



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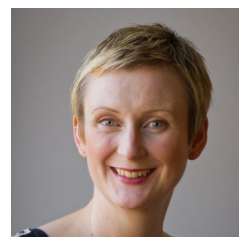
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It's been such a pleasure to meet all the mums, dads and babies at the 12-month visits! We are extremely grateful for your participation and making the effort to attend the visit. We know how busy life can be with a young family.

In this newsletter, we run through our latest study timeline and some brand-new information on what women taking part in the study's birth experiences were like. We also explore what skills your toddlers learn by playing with certain toys and what milestones they reach when they are 9 months old. There are also some quick facts about the vaccines recommended for your baby during the first year.

We look forward to continuing catching up with our mums and babies at the remaining final visits!

Associate Professor Sharleen O'Reilly  
Project Leader



# Life after gestational diabetes

Gestational diabetes is diagnosed during pregnancy. Like other types of diabetes, gestational diabetes affects how your body uses glucose. High blood glucose levels can affect your pregnancy and your baby's health. However, with the appropriate help and support from a specialised gestational diabetes team, it can be managed. For most women after their baby is born, the gestational diabetes goes away but it is an early marker that when the woman's body is put under stress it can't keep blood glucose levels stable.



1 in 2 women with gestational diabetes are likely to develop type 2 diabetes (T2D) within 5-10 years after birth. Women who have had previous gestational diabetes have an 8-fold risk compared with women who have never had diabetes in pregnancy.

Because of this risk, women are advised to do regular screening to check they don't have type 2 diabetes.

## What should I be doing now that I have had my baby?



Make time to have your diabetes screening test 6-12 weeks after your baby is born – this helps to rule out any diabetes that might have remained.



Get your diabetes test done regularly – once a year to every three years should be ok depending on your previous result, but check with your GP.



Other health checks should also include your blood pressure and cholesterol.



If you are planning to get pregnant again, it is recommended that you also book in with your GP to check you are in the best position health wise.

# 5 Fast Facts

About vaccinations:

## 1

### When?

Vaccinations are typically given when your baby is 2, 4, 6, 12 and 13 months old.

## 2

### How?

Vaccines are usually given as injections in the thigh or arm. Your baby may experience pain, swelling and/or redness at the injection site. Comforting or breastfeeding them immediately after vaccination is important.

## 3

### Diarrhoea

is a common side effect of the Rotavirus oral vaccine (1-in-10 babies). Your baby may also become irritable after this vaccination. These symptoms typically last only a few days but up to a week is normal.

## 4

### Temperature

Your baby may experience a high temperature (over 39°C). Paracetamol is usually advised to help reduce this but if you are concerned about your baby, contact your GP or healthcare provider.

## 5

### Protection

Even if your baby is a bit unwell, they can still get vaccinated. Check with your doctor or nurse on the day if you are unsure. Reducing vaccination delays means that your baby is more protected.

# Developmental toys for 6 to 12 months

Babies learn a lot through playing and it helps them to develop their muscles and coordination. Here are some toys that can be helpful:

- ♥ Toys with different textures such as crinkle foil, rough or smooth fabrics (*sense of touch and sound development*).
- ♥ Rattles and toys that make noises/sounds (*sense of sound and movement/coordination skills*).
- ♥ Mobiles (*vision development*).
- ♥ A variety of soft, colourful balls - sit on the floor and roll them to your baby (*reaction skills*).
- ♥ A blanket or activity mat (*stimulation and movement skills*).
- ♥ Colourful books with thick pages and pictures like faces, cars or animals (*visual and mental stimulation*).
- ♥ Stacking blocks, cups or rings - these encourage picking up, pouring, giving and taking (*mental and coordination development*).
- ♥ Shape sorting toys (*mental and coordination development*).
- ♥ Plastic containers from your kitchen (*coordination, mental, visual and sound stimulation*) - even pots and pans with a wooden spoon can provide lots of opportunities for learning!



## Milestones when your baby is 9 months old

### Communication

Babies understand the word “no” by this point. They will copy gestures as well as sounds and point to things they want. They also may have mastered “mama” and “dada” by now, even if they don’t necessarily use the words correctly each time.

### Personal/social

Your baby may start becoming clingy with you and others they know well. They will have preferences for more than just people, though. They will likely have favourite toys too.

### Gross motor skills

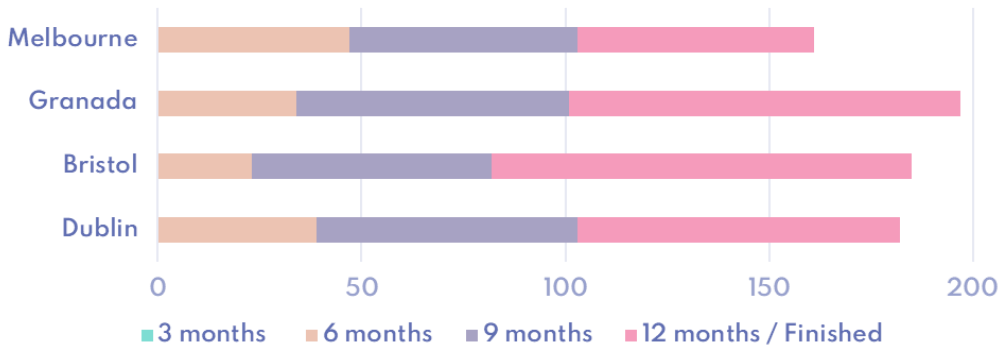
Most 9-month-old children can get into a sitting position by themselves and can then sit without support. Most can also crawl and pull themselves into a standing position and remain in that position if they have something to hold on to for balance. They should also be able to pick up objects with thumb and forefinger.



# Study timeline

This timeline shows the spread of our study participants across the different postpartum stages. The majority of our participants have moved on from the 3-month stage to the 6-month stage by this point. We are delighted that so many participants have successfully completed the study and provided us with invaluable information about themselves and their babies!

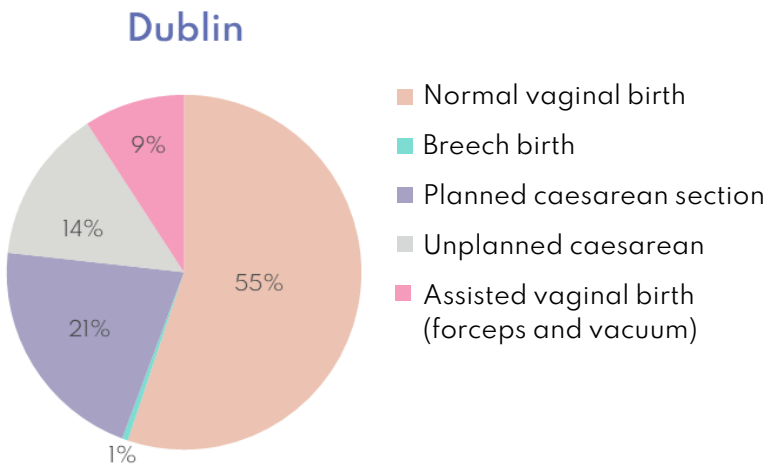
Percentage of Participants in each Study Stage (Postpartum)



# Study findings

Women's birth experiences across the four sites:

Average maternal length of stay in hospital

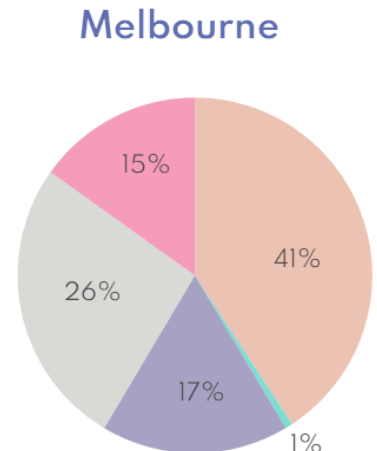
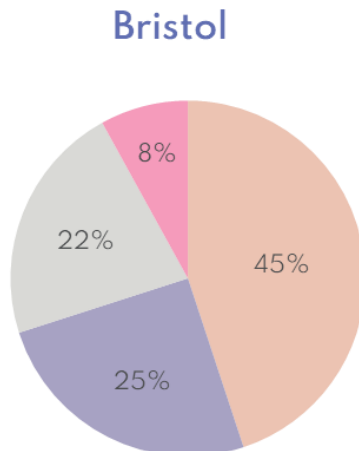
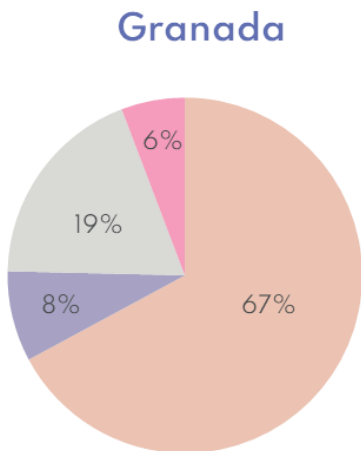


Dublin  
**3**  
days

Bristol  
**2**  
days

Granada  
**3.5**  
days

Melbourne  
**2.5**  
days



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