

JUNE 2023, ISSUE 7

# Bump2Baby and Me

Participant Newsletter

Final study visits are coming to an end!



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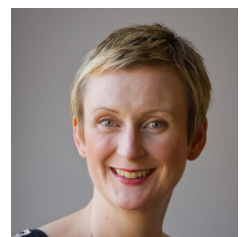
The final 12-month visits are nearly finished and the project is moving into its next stage - data analysis. It has been a remarkable journey, and we couldn't have done it without your support!

In this newsletter, we've included some interesting results from the 12-month visits and study progress. We have some helpful tips for air travel to make your journey as smooth as possible. We know how exhausting it can be to juggle parenting work, and everything else in-between so we have also included five tips to help you get the sleep you deserve.

Last but definitely not least, we're thrilled to announce we are hosting a tea party to celebrate reaching the end of the study. It will be a relaxed and enjoyable way for us to come together as a community, catch up, and share some study findings. We'll provide all the details shortly but make sure to save the date!

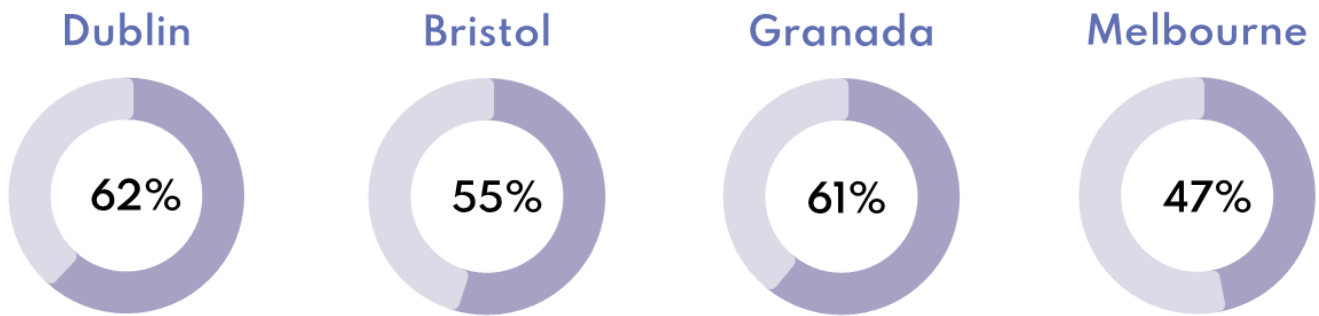
We hope you enjoy reading this newsletter and find the information useful. As always, we appreciate your continued support and engagement!

Associate Professor Sharleen O'Reilly  
Project Leader



# In the Spotlight: Study update

The final study visits are well underway with the study mums and babies – we completed our 400th study visit this week across the four hospitals! Here is each study site's completed final visit rates so far:

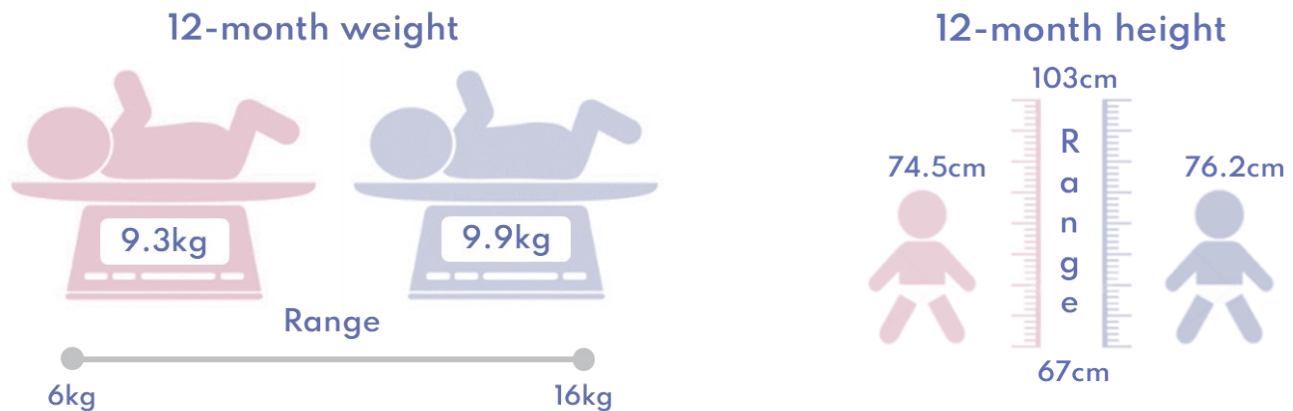


## 12-month findings

Every single mum and child visit is extremely important, and we really appreciate you giving your time to sharing your experience with us. If your child is past the 12-month mark, but you haven't managed to schedule your visit yet, it isn't too late! Please get in touch with your research team via email and we will try to find a time and day that suit you.

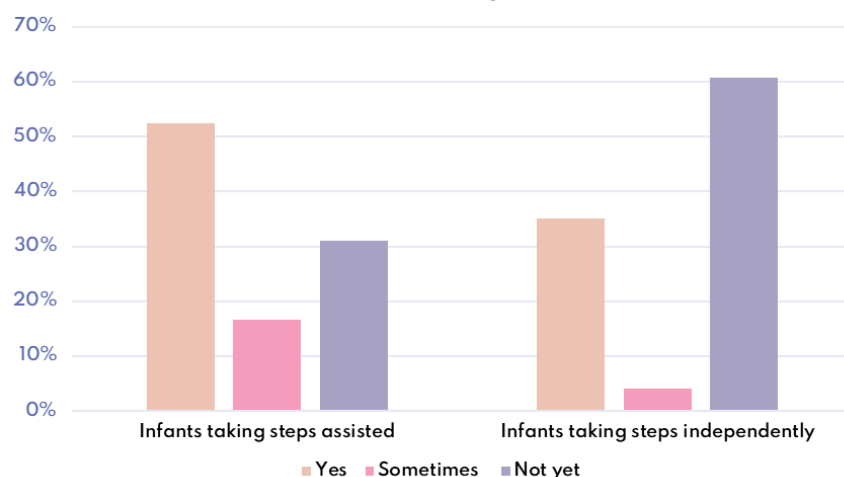
Meeting everyone and all the children at the 12-month visits is a highlight for the research teams. Did you know?

- ♥ The average age of infants at the final visit was 11.8 months.
- ♥ Male children were both longer and heavier than females.



- ♥ 53% of infants have taken their first steps with help balancing and 35% were standing and toddling by themselves.

## First steps



# 5 Top Tips

## For better sleep

86% of mums in our study reported having poor sleep quality during pregnancy. We know it can be especially challenging now that you are looking after your babies. It is important to look after yourself too so here are some tips for better sleep:

**1 Take a brisk walk outside**  
Natural sunlight helps with balancing your body clock and exercise boosts sleep hormones.

**2 Skip evening caffeine**  
Chocolate, coffee, and tea all contain caffeine, which is a stimulant that can make falling asleep difficult.

**3 Practice deep breathing**  
Doing techniques like box breathing can help your whole body relax before bed. Exhale for 4 counts, hold for 4 counts, breath in for 4 counts, hold for 4 counts. Repeat for a few minutes.

**4 Keep your bedroom dark**  
Avoid bright lights (especially phones and screentime) before and during bedtime to encourage a good night's sleep.

**5 Spread your drinks throughout the day**  
Drinking lots before bed means night-time bathroom trips that disturb your sleep.



## Join us for our tea party!

We wanted to celebrate all the progress we've made together and we thought a Bump2Baby and Me tea party would be a great way to allow everyone to meet up, swap stories, enjoy a nice cup of tea or coffee and we can share some findings from the study so far!

Each site (Dublin, Bristol, Granada and Melbourne) will host a tea party on different dates so please check the table below for the one near you. We will be in touch via email with more details closer to the date. We would love to have everyone come along to celebrate with us - this includes your partner or support person and of course, your children!

We are really looking forward to seeing you at the tea party!

Date	Time	Location
21st August 2023	10.00-12.00	The National Maternity Hospital, Dublin
28th September 2023	14.00-17.00	Southmead Hospital, Bristol
September 2023, TBC	TBC	Online, Melbourne
3rd or 4th week in September 2023, TBC	Afternoon	TBC, Granada

# Air travel with young children

After three long years of restrictions, many of you may be wanting to visit family or planning holidays abroad. This may be your child's first trip by plane and possibly your first holiday with children. We have put together a few tips to make the experience easier for you and your little ones:

## Planning before your flight

- ♥ Children under two will sit on your lap for the flight. Try to book an aisle seat or extra legroom. This will make it easier to get up and move around.
- ♥ You can book a bassinet for younger babies on long-haul flights.
- ♥ Check your airline's baggage allowance. Children under two may not get their own allowance. You may need to pay for this.
- ♥ Most airlines allow a folding buggy or stroller and car seat free of charge. Make sure to check these are added when booking.



## Going through airport security

- ♥ Look out for family lanes to speed up your trip through security.
- ♥ Prepare your liquids in advance following the airport guidelines.

- ♥ Infant formula and purees are outside the liquid guidelines and can be over 100ml. They should be presented in a separate bag. Most countries require you to declare any unprocessed/raw foods brought in.



## On the flight

- ♥ The change in cabin pressure at take-off and landing can hurt your child's ears. Breastfeeding or giving them something to suck on like a soother at this time can help.
- ♥ Keep some nappies, wipes, and a changing mat in an accessible bag.
- ♥ Favourite toys and books will help to keep your little one occupied. You can use what you have at hand. The sick bag makes a great puppet, and your burp-cloth can be used to play peekaboo.
- ♥ A baby carrier or wrap is great for walking up and down the aisle. They also keep your hands free in case of turbulence.
- ♥ Pack easy-to-eat food/snacks. Bring extra food in case of delayed flights.
- ♥ A cup with a lid will prevent spills.
- ♥ Pack a few changes of clothes in hand luggage for the baby and one for you.

Safe travels and enjoy your flight!



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement number 847984.



**Australian Government**  
**National Health and**  
**Medical Research Council**

The project also acknowledges collaborative funding from the National Health and Medical Research Council, grant number 1194234.