

NOVEMBER 2023, ISSUE 8

Bump2Baby and Me

Participant Newsletter

Final study visits are completed!



Bristol tea party

Welcome to our 8th newsletter. We are thrilled to announce that the final 12-month visits at all sites are now completed. This is a huge project milestone. A massive thank you to all who participated in the study - we couldn't have done it without your support!

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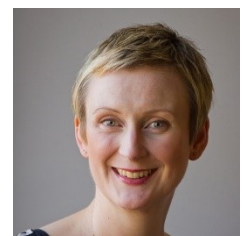
This issue's focus is on the tea parties and sharing some interesting results from questionnaires that you completed during your pregnancy and after your baby was born. Dublin and Bristol held their tea parties during August and September. Granada and Melbourne will hold theirs soon online.

We want to thank you again for your involvement in the Bump2Baby and Me project. Your ongoing contribution was really important and it was so lovely meeting you and your little person at the final visits.

We will be in touch early next year with the final results.

Best wishes for the future!

Associate Professor Sharleen O'Reilly
Project Leader



Bump2Baby and Me tea parties

The Bump2Baby and Me tea parties took place in the National Maternity Hospital Dublin in August and Southmead Hospital Bristol in September. The tea parties were a great opportunity to thank all our participants for their support and contributions to the Bump2Baby and Me project. It was fantastic to see our mums, toddlers, and family members again.



At the start of the tea parties, a short video presentation by Sharleen O'Reilly, our Project Lead, was played. Sharleen explained the trial and what the intervention was all about. The difference between the control group and the intervention group, who received the Bump2Baby and Me mHealth Coaching Programme, was also explained. To watch the video, please click on the image to the right.



We were able to share some of the study findings to date at the tea parties. We had posters made to highlight some of the interesting differences across all our study sites - even the little ones were intrigued! Our Bump2Baby and Me team really enjoyed catching up with you all over a cup of tea and it was a big highlight for us as well. A huge thank you to everyone who came and made the events such a success!

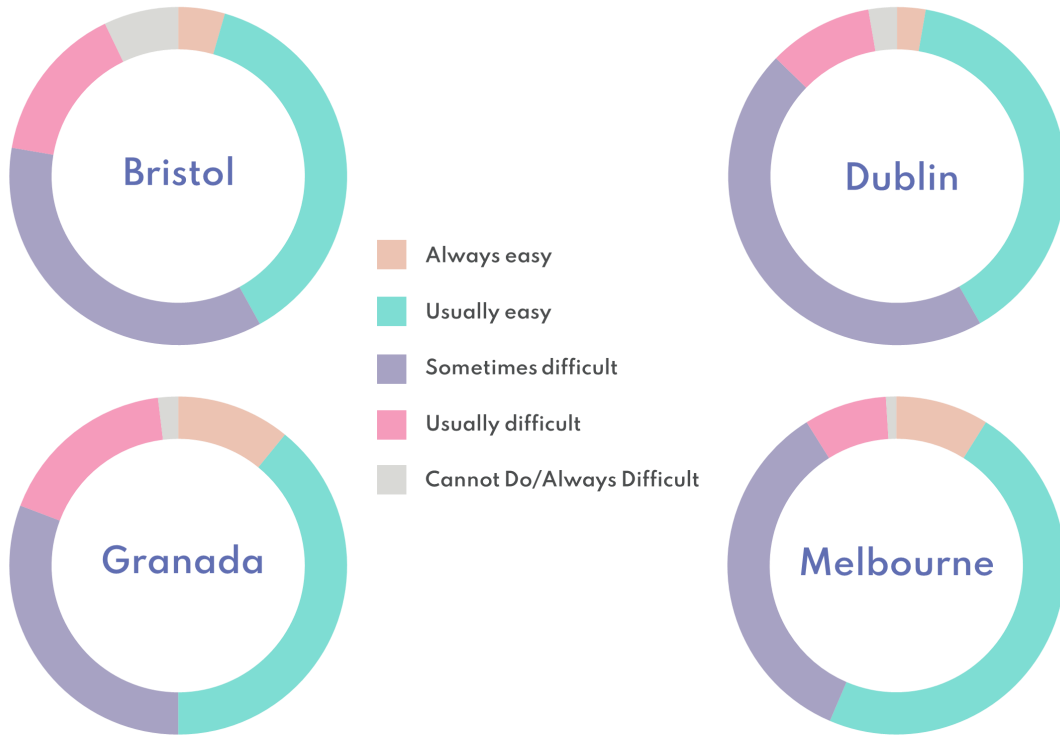




Spotlight on our participants



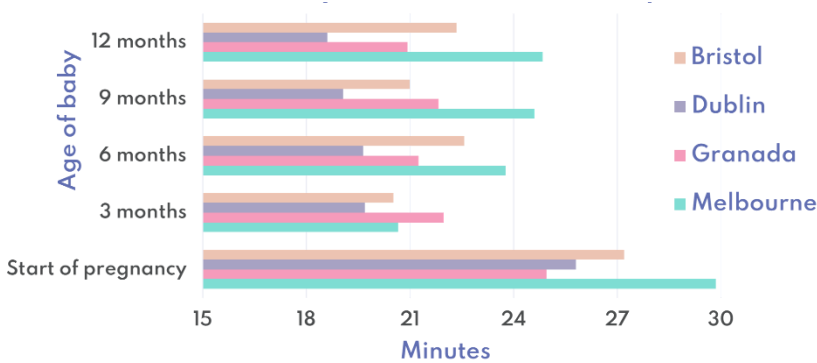
When your baby was 12 months old, we asked you... How easy is it for you to get to see the healthcare providers you need to?



Women in Bristol and Dublin found it the **hardest** to see the healthcare providers needed

How much sleep do you get?

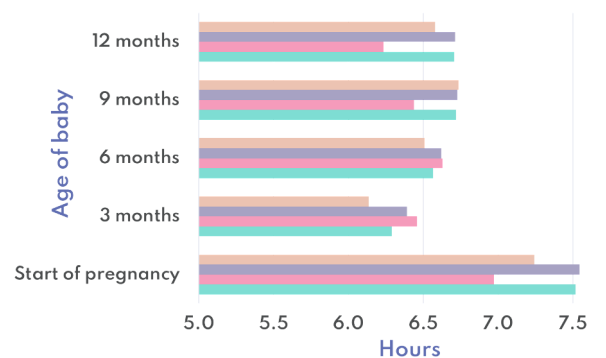
Average number of minute's taken by women to fall asleep



Women in Dublin fell asleep the **quickest**



Women's average hours of sleep

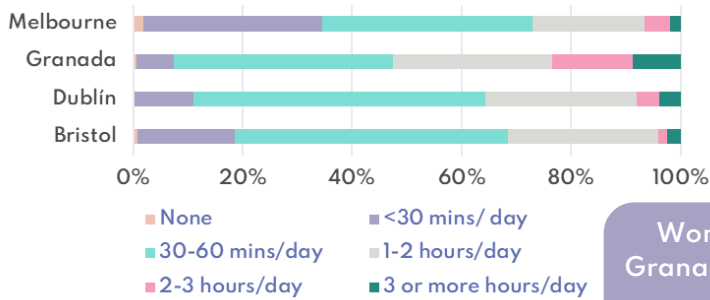


Women in Granada generally had the **least** sleep

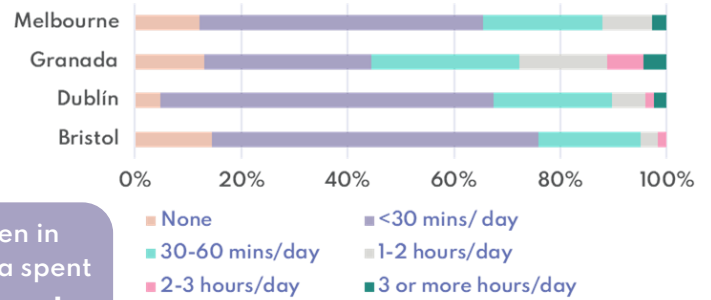
Spotlight on our participants

When your baby was 12 months old, we asked you... How much household activity do you do?

Amount of light cleaning (making beds, laundry, ironing, putting things away)

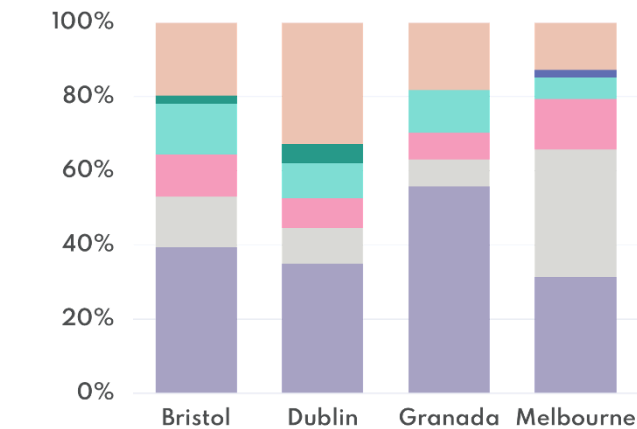


Amount of heavier cleaning (vacuuming, mopping, sweeping, washing windows)

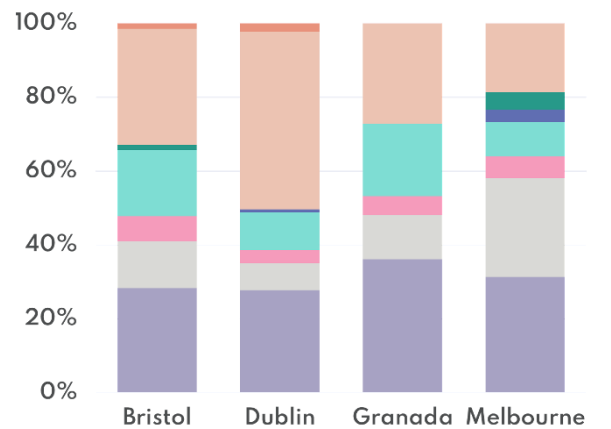


Women in Granada spent the **most** time cleaning

When your baby was 3 months old, we asked you... How do you feed your child?



When your baby was 6 months old, we asked you... How do you feed your child?



Favourite foods

- Banana 🍌
- Carrot 🥕
- Apple 🍏
- Pear 🍐
- Sweet potato 🍠

Most rejected foods

- Broccoli 🥦
- Avocado 🥑
- Porridge 🍲
- Carrot 🥕
- Potato 🥔

Least common foods tried

- Fig 🍌
- Asparagus 🍆
- Pineapple 🍍
- Beetroot 🥕
- Onion 🧅



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