



The All Our Babies Study

The All Our Babies Study Newsletter

ISSUE 2 (Observational Cohort)

NOVEMBER, 2011

Thank You for Participating!

The All Our Babies (AOB) Team thanks you for taking the time to participate in our research study. Nearly 1400 women like you have filled out questionnaires to help us learn about prenatal care, community services and the changes that happen in becoming a new parent. With your valued input we are learning more about how to promote healthy pregnancies and support families!



Some Initial Findings from the All Our Babies Study

The AOB study was designed to help us understand women's needs during pregnancy so that services can be organized to be most helpful. In addition, some women tell us that the supports and/or services came 'too late', so we are trying to understand how we can help women and families as early as possible, even before the baby is born.

We're Learning About:

✓ **Our participants are on the move!**



- 21% of AOB families moved at least once while they were pregnant!

✓ **Group Prenatal Care**

- Some of you participated in CenteringPregnancy®, a type of group prenatal care
- We learned that group prenatal care meets the needs of many women more than individual visits with the doctor. As one woman described it, "Everything I needed was right there."

✓ **Postpartum Depression**

- Postpartum Depression (PPD) is a major public health concern affecting 15% of women
- We are generating new knowledge on how to better identify and support new mothers who may be at risk of PPD.

✓ **Language at Home**

At 12 months, some of our babies most common words are: "Mommy", "Daddy", "Hi", "Bye" and "Uh-Oh"



Did you know...

- Our babies range from 1-3 years old and over 50% are 2 years old
- There are 24 sets of twins in the AOB study
- In total we have collected 4243 questionnaires (and counting!)
- There are 417 different baby names in our study



The All Our Babies Team



The All Our Babies Team is made up of a number of individuals from diverse backgrounds who provide research support and are pursuing different levels of study.

Clockwise from top left: Kiran Manhas (*Postdoctoral Fellow*), Danielle Cyr (*Project Coordinator*), Beverly Collisson (*Postdoctoral Fellow*), Mary Canning (*Research Support*), Janice Popp (*Managing Director for Network, Innovation and Business Development*), Courtney Crockett (*Grants Manager*), Sheila McDonald (*Postdoctoral Fellow and Coinvestigator*), Suzanne Tough (*Lead Investigator*), Monica Vekved (*Project Coordinator*)

Team members not pictured: Amy Metcalfe (*Doctoral Student*), Katie Chaput (*Doctoral Student*), Carol Weller (*Master's Student*), Tharsiya Nagulesapillai (*Master's Student*) & Olivia McCreary (*PreHot Team Manager*)

What Our Team is Working On:

The All Our Babies team uses your responses to our questionnaires to answer many different questions related to maternal and child health and development. Here are some examples of what our team is interested in:

- ✓ Sheila McDonald is interested in finding out how we can identify women who may have problems when the baby arrives because they are at risk for poor mental health in the postpartum period.
- ✓ Amy Metcalfe is looking at what health services women and infants engage in and how factors like income, education and accessibility influence use.
- ✓ Beverly Collisson is interested in how babies learn to use language.
- ✓ If you would like to learn more about Dr. Tough, the All Our Babies team and our research, a wealth of information, including publications and videos can be seen on her website: <http://www.ucalgary.ca/stough/>



Next Steps

All of you have had your babies and we are working hard to analyze and interpret the data. We will continue to use this data to understand how we can improve outcomes for women and their families.

Many of you agreed to be contacted for future research, and as your children grow, we hope to contact you again to see how you and your family are doing!

In the future we are looking to move to an online format. In the coming months we will be getting in touch with you to confirm your e-mail address.

Contact Us

If you have any questions about the study, please contact the All Our Babies Study Team:
E-mail: AllOurBabiesStudy@albertahealthservices.ca Telephone: (403) 955-7539





The All Our Babies Study

The All Our Babies Study Newsletter

ISSUE 2 (Prediction Cohort)

NOVEMBER, 2011

Thank You for Participating!

The All Our Babies (AOB) Team thanks you for taking the time to participate in our research study. Over 1800 women like you have filled out questionnaires to help us learn about preterm birth, prenatal care, community services and the changes that happen in becoming a new parent. With your valued input we are learning more about how to promote healthy pregnancies and support families!



Some Initial Findings from the All Our Babies Study

The AOB study was designed to help us understand women's needs during pregnancy so that services can be organized to be most helpful. In addition, some women tell us that the supports and/or services came 'too late', so we are trying to understand how we can help women and families as early as possible, even before the baby is born.

We're Learning About:

✓ **Baby's Sleeping Habits**



- 58% of AOB babies take less than 15 minutes to fall asleep
- An AOB baby sleeps on average 7.1 hours in a row each night
- 40% nap for 1 to 2 hours during the day... How long do you nap?

✓ **Postpartum Depression**

- Postpartum Depression (PPD) is a major public health concern affecting 15% of women
- We are generating new knowledge on how to better identify and support new mothers who may be at risk of PPD.

✓ **Language at Home**

At 12 months, some of our babies most common words are:
 "Mommy",
 "Daddy", "Hi",
 "Bye" and "Uh-Oh"



Did you know...

- As of July 2011, all of our babies were born
- There are 13 sets of twins in the AOB study
- In total we have collected 5626 questionnaires (and counting!)
- There are 817 different baby names in our study



✓ **Group Prenatal Care**

- Some of you participated in CenteringPregnancy®, a type of group prenatal care.
- We learned that group prenatal care meets the needs of many women more than individual visits with the doctor. As one woman described it, "Everything I needed was right there."

The All Our Babies Team



The All Our Babies Team is made up of a number of individuals from diverse backgrounds who provide research support and are pursuing different levels of study.

Clockwise from top left: Kiran Manhas (*Postdoctoral Fellow*), Danielle Cyr (*Project Coordinator*), Beverly Collisson (*Postdoctoral Fellow*), Mary Canning (*Research Support*), Janice Popp (*Managing Director for Network, Innovation and Business Development*), Courtney Crockett (*Grants Manager*), Sheila McDonald (*Postdoctoral Fellow and Coinvestigator*), Suzanne Tough (*Lead Investigator*), Monica Vekved (*Project Coordinator*)

Team members not pictured: Amy Metcalfe (*Doctoral Student*), Katie Chaput (*Doctoral Student*), Carol Weller (*Master's Student*), Tharsiya Nagulesapillai (*Master's Student*) & Olivia McCreary (*PreHot Team Manager*)

What Our Team is Working On:

The All Our Babies team uses your responses to our questionnaires to answer many different questions related to maternal and child health and development. Here are some examples of what our team is interested in:

- ✓ Sheila McDonald is interested in finding out how we can identify women who may have problems when the baby arrives because they are at risk for poor mental health in the postpartum period
- ✓ Amy Metcalfe is looking at what health services women and infants engage in and how factors like income, education and accessibility influence use.
- ✓ Beverly Collisson is interested in how babies learn to use language.
- ✓ If you would like to learn more about Dr. Tough, the All Our Babies team and our research, a wealth of information, including publications and videos can be seen on her website: <http://www.ucalgary.ca/stough/>



Next Steps

All of you have had your babies and we are working hard to analyze and interpret the data. We will continue to use this data to understand how we can improve outcomes for women and their families.

Many of you agreed to be contacted for future research, and as your children grow, we hope to contact you again to see how you and your family are doing!

In the future we are looking to move to an online format. In the coming months we will be getting in touch with you to confirm your e-mail address.

Contact Us

If you have any questions about the study, please contact the All Our Babies Study Team:
E-mail: AllOurBabiesStudy@albertahealthservices.ca Telephone: (403) 955-7539

