

# News

## Join in the fun at this year's Teddy Bears' Picnic!

Cooking with the Ministry of Food

Bun decorating with the BiB team

Get a medal at the BiB challenge

Story Telling with Bookstart Bear

Face painting with the Allerton Children's Centre team

At a glance guide to a child's journey through BiB

New look website launched

Get involved at the Parent Governor meetings

# Hi Everyone!

You are warmly invited to this year's Teddy Bears' Picnic which is taking place during Spring Bank Holiday week, so get **Wednesday 29 May** in your calendar straightaway.

Once again there are loads of great activities on offer to give the whole family a fun and informative day out. Those who came along in September last year had a great time, and there is a Teddy Bears' Picnic 2012 film showing all the excitement of the day; follow the link from our website to see if your family is featured in the film. You never know, you might appear on this year's film!

There is so much research going on nowadays that it can be quite confusing for parents to know what is happening and when. On pages 4 & 5 you will find an 'at a glance' guide to the research, which shows you how we collect general health information about your child continuously, and then the ages at which we ask you for something more specific.

We love to meet BiB families, to hear their stories and to see the children growing up, on page 6 you can read about all the ways in which we do this.

We are very excited about our new look website, the section for Parents is packed with information about the research, how it is being used in Bradford, the press



coverage and the dates and venues for forthcoming events, for example, it gives you the date for the next Parent Governors meeting in September, and on page 7 you can read all about our new parent governors forum that meets twice a year.

Turn to the back page for the Noticeboard for dates and news about the latest research findings

We are looking forward to seeing as many of you as possible at the Teddy Bears' Picnic.

*Ann Barratt*

GET SPORTY  
AT THE

# Teddy Bears' Picnic 2013!



Born in Bradford invite you to join us in the park  
for fun and games... Don't forget your teddy!



**Lister Park**  
**Wednesday 29 May**  
**11.30am – 3pm**

Children's  
entertainers

Ministry of Food

Facepainting

Bouncy Castles

Under 5s  
play area

Scrap magic

*... plus loads more fun!*

# A child's journey through Born in Bradford

2007



## 26-28 weeks gestation

Recruitment: Completing questionnaire, collecting mother's blood and urine, father's questionnaire and saliva, permission to link to child's medical and educational records



## At birth

Collecting cord blood, taking baby skinfold measurements



## Six months

BiB 1000, 1,763 children: Completing questionnaire, taking height and weight measurements, Infant sleeping practices study 2,560 mums: Completing questionnaire



## 12 months

BiB 1000: Completing questionnaire, taking height and weight measurements  
All In, 2,557 children: Completing questionnaire, taking a blood sample



## 18 months

BiB 1000: Completing questionnaire, taking height and weight measurements



## 24 months

BiB 1000: Completing questionnaire, taking height and weight measurements  
All In: Completing questionnaire, taking blood sample



## 36 months

BiB 1000: Completing questionnaire, taking height and weight measurements



## Four years

MeDALL: Contacting children (target 2,000) born from January 2008 onwards, Completing questionnaire, taking blood sample, skin prick allergy, test measuring lung function



## Reception class

Starting School: Literacy, movement and behaviour measures  
School Nurse measurements: Skinfold measurements and blood pressure

2013

# The story so far...

## 13,857 babies born!

Since recruitment we have been collecting information from these sources to build an invaluable source of data

Health Visitors

Hospital care

GPs

School nurses

Bradford Education

We have collected more detailed information on two smaller groups from the BiB cohort

Understanding causes and preventing childhood obesity:  
1,763 Children born between October 2008 and July 2009  
*(BiB 1000)*

Understanding causes and preventing allergy:  
2,557 Children born between and March 2008 and June 2011  
*(All In and MeDALL)*

# Photographs, films and radio:

BiB children and their families are being  
seen and heard everywhere!



## Check our website!

We are also fortunate to have film maker Dave Thompson who works with Born in Bradford participants making short films, all available on the website, to bring the research alive.

The films show how the topics we are researching impact on people's daily lives, for example there is a film about the young

mum's experience of living with a child who has chronic asthma.

We are excited about a new film being made in partnership with parents, staff and children at Allerton Primary School. We are filming a group of Nursery children there plan to continue to follow them all through school.

You can hear the fourth programme in a series being made by Radio 4 about the Born in Bradford project. It is due to be broadcast on **June 12 at 11am.**

The first three programmes can still be

heard through our website. The programmes allow you to follow the lives of some BiB families as they are revisited each time and you can hear how services are responding to the new findings from the research.



We are privileged to be able to continue working with Ian Beesley, pictured above, who was recently made an Honorary Fellow of the Royal Photographic Society.

We are the envy of other research projects who would love to be able to liven up their presentations with such amazing images!

The picture gallery has been updated and expanded on our website, and you can follow the same children growing and changing year by year, have a look to see who is there. All the twins who attended the recent annual photo-shoots can be seen in a twins album on our Facebook page.

# Stronger voice for parents

A new group has been set up to give BiB parents a strong voice in the project.

All BiB parents are welcome to the meetings: details are on the website and our facebook page. We know how busy people's lives so we are only meeting twice a year and you are welcome to come when you are free – you don't have to commit to coming to every meeting.

Our first meeting was held in April, see the feedback at: [www.borninbradford.nhs.uk/parents-families/parent-governors-group](http://www.borninbradford.nhs.uk/parents-families/parent-governors-group) and the next one will be held on 23 September, 1.15-2.30 pm at Farnham Road Children's Centre. The meetings are informal and children are very welcome.

At the meetings you will have a chance to:

- give your views on the research studies and the findings
- help BiB staff to find creative ways of working in partnership with parents to ensure people know about the findings
- learn more about the research so that you can act as ambassadors for BiB in the communities in

which you live and work.

Two parents have agreed to help us to plan and advertise the meetings:

**Liz Firth:** "I was born at the BRI and have lived in Bradford all my life. I now live in Clayton with my husband who runs a local cycle shop and our three-year-old son who is a BIB baby! I've been working locally for the last 10 years or so, mainly in the field of community cohesion and interfaith relations. I am a huge fan of the BIB programme and a strong advocate of the work undertaken so far by the programme."

**Jaesha Ali:** "I was born in Halifax and have lived in Bradford for the last seven years since I got married. I have three boys under six but still find time to do community work in the Heaton area, working on the Chellow project and as the Outreach co-ordinator at Heaton Children's Centre. The Parent Governors meetings are a great opportunity for BiB parents to become more involved in shaping the project."

Both Liz and Jaesha also work as volunteer doulas.



The two parents who have agreed to help us plan and advertise the meetings: Liz Firth, left and Jaesha Ali, both pictured with their families

# Noticeboard

## Looking at diet and healthy weight

- There has been a lot of press interest in the research on diet which showed that eating too many crisps and chips has a harmful effect on the growth of babies in the womb because of a chemical called acrylamide that is created when starchy food is cooked at very high temperatures. To find out more about this go to the website: [www.borninbradford.nhs.uk/news](http://www.borninbradford.nhs.uk/news)
- The annual BiB conference is taking place on Friday 28 June at the Media Museum; parents are welcome, see the website for booking information.



- BiB researchers have created an app – Healthy Weight? – which is available to download and is for use by health staff,

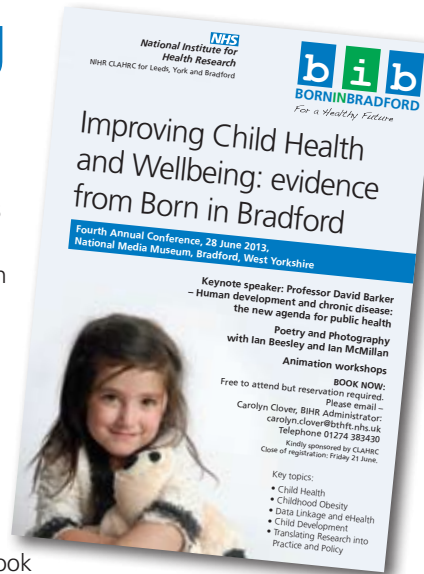
children centre staff and parents. It can be used to calculate the risk of childhood obesity at two years of age in infants currently aged between 4.5 and 13.5 months. It calculates the risk based on the child's birth weight, their current weight and (optionally) mother's BMI.

– Results are displayed as risk levels of becoming obese – High, Medium, Low

– Simple advice is given on healthy eating, physical activity and parenting tips

– There are links to Department of Health website for further information.

- Use our Facebook page to let us know what you think about the app. You can hear more about this app on our next radio 4 programme which will be broadcast on 12 June at 11am.
- We have recently added lots of new Ian Beesley photos of BiB children to our Facebook page.



The flyer for our conference

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It is VITAL to the success of the project that we can keep in contact with you; when you change address please tell your GP. We get all the addresses and phone numbers from the central register.