

# News

## One in 813

Finlay is just one of  
the 813 children  
who started school  
in September:  
details inside



Watch our short  
films featuring  
BiB families

Photos from  
the 2011  
Teddy Bears'  
Picnic

Findings from  
our recruitment  
questionnaire

# Hi Everyone!

Here at Born in Bradford we are looking forward to another busy and productive year keeping track of the BiB children and working on analysing all the information we have collected so far. We have included some of the findings in this newsletter and you can find out more on our website.

The coming year will see Ian Beesley, our artist in residence, photographing some of the children born on New Year's Day 2009 for the fourth time, and Christmas Day 2010 or New Year's Day 2011 children for the second time. We will also be inviting all 175 sets of twins and three sets of triplets along for a photo shoot in April. In September we hope to meet and photograph some of the 3,658 children who will be starting in reception classes around the city. More of Ian's work can be seen on the website [www.borninbradford.nhs.uk](http://www.borninbradford.nhs.uk) and on Facebook.

It was really exciting to meet some of the oldest BiB children who started in their Reception classes back in September 2011, they looked so grown up in their school uniforms, see them for yourselves on page 3 where you



can also read about the five short films we have put on the website this year.

The highlight of every year for the BiB team is the annual Teddy Bears' Picnic, there was a great atmosphere last year with around 2,000 Bradfordians turning up to have fun and to celebrate the Born in Bradford project in Lister Park; you can see photos from the event on pages 4 and 5.

In September we decided to change the way we include the views of parents in the work we are doing; as you know we really want to hear what you have to say about the studies, about what we find out and about your involvement with our staff, see page 6 for details of the new Family Network Days.

On page 7 you can read about HAPPY, a new parenting course that is being tested out in the coming months.

*Ann Barratt*

## Fact!

### What languages did women use to answer the recruitment questionnaire?

Out of 11,378 women:

- 82% answered in English
- 13% answered in Urdu
- 5% answered in Mirpuri or Punjabi

11 answered in another language and 34 answers were missing.

# School days



In June last year we celebrated the safe arrival of Baby Jacob, the last born BiB baby; just three months later the first 800 BiB children were beginning a new phase of their life when they started in Reception classes all around the city. To mark this milestone BiB's artist in residence Ian Beesley captured some of the children in their first week at school.

Next September over 3,650 BiB children will be starting in Reception classes round the city! This is the beginning of an exciting new research phase where the children's educational progress will be followed, as well as their medical progress.

In January, researchers are starting a pilot study in four Bradford schools to collect information about early literacy, fine motor and communication skills. Based on the outcome of the pilot study we hope to be able

to see all Reception Class children who start school in September, not just the ones who are in the BiB study.

See the Teaching Staff page on the website for more information and find more of Ian's photos there.

## BiB films!

We have been making films featuring BiB parents and children with film maker Dave Thompson of Indy-Films.

The five short films show the 2011 Teddy Bears' Picnic, work with Jamie Oliver's Ministry of Food, the recruitment of mums to the project, a mum talking after her baby is born and a mum's experience of having a child with asthma.

Go to our website to see the films, you might even see yourself at one of our events! We have a couple more films in the pipeline so look out for more footage coming soon!

**Fact!**

**How old were the mothers or mothers to be who answered the questionnaire?**

- The average age of BiB mums was 27.4 years old
- The youngest was 14.9 years old
- The oldest was 49.2 years old



Wow! What a great day it was, once more the sun shone and we had a fantastic time in Lister Park.

Around 2,000 people came from all over the district to celebrate the fourth birthdays of the oldest children in the project. Most popular with the children were the sand and water, the face paints and the bouncy castles; next year we will have more of these to avoid such long queues.

BBC reporter Dominic Hughes came to film the fun at the Picnic and to find out more about why there are so many people with diabetes in Bradford.

Dominic interviewed BiB mum Battul, who told him about the

number of people affected by diabetes in her family:

“I had gestational diabetes while I was pregnant but generations have got it – my children’s grandparents, my own grandparents, my mum, some uncles have even developed it. So therefore we are particularly cautious about the children’s health and what we feed them. We try and give them as much exercise as we can – lots of outdoor time and a healthy lifestyle.”

Follow the link on the news section of the website to find out more.

The 2012 Teddy Bears’ Picnic will be on **Friday 6 July, 2.30-5pm** so

## Fact!

**We asked women, does your child have an outdoor space or facilities nearby where they can play safely?**

■ 78% of you said **yes** and 9% said **no**

■ 9% said it didn’t apply to them and the answer was missing in the other 4%.

Do you have good play facilities near your house? Tell us about your experiences on our Facebook wall.

# ay pic



make a note of that date now!  
Because some children are already in school and we don't want to exclude anyone we are changing the time of the picnic, it will take place from 2.30-5pm so that the older children can join the younger ones when they have finished school.



**New!**

# Family Network Days

For the Born in Bradford studies to be successful in finding causes of ill health and in being able to make suggestions for changes in people's lifestyles we need all BiB families to remain in the project so that we can continue to follow the children as they grow up.

We want any involvement with BiB to be a positive experience for you and we want to give you regular opportunities to talk with BiB staff and researchers, to have a say about anything that is bothering you, and to help us by commenting on proposals for new research. In order to reach more people we are replacing the Advocacy and Scrutiny Committee with a series of Family Network Days held in Children's Centres around the city.

We held our first Family Network Day on 12 December at Canterbury Children's Centre. It was really interesting to meet the mums and dads who dropped in to look at the photograph displays, watch the BiB films and to hear about the new HAPPY parenting programme developed by a range of professionals and organisations across Bradford. The parents and

children enjoyed the festive snacks on offer and were very pleased with the free mugs, bowls, musical shakers and pens to take home.

There will be another opportunity to meet BiB staff and to find out more about the research at the next Family Network Day, which takes place at **St Edmund's Nursery on Wednesday 22 February between 10.30am-1.30pm**. See the website or Facebook for more details nearer the time.

As well as the Family Network Days, we are setting up an advisory group made up of staff from voluntary, community and faith groups around the city. This group will help to shape the way the project findings are made known and increase the number of people we can reach with health and lifestyle information. The group will also help in planning for changes in services and health advice where that is necessary. If you are interested, please get in touch with Ann Barratt on 383409 or 07534 978940. This group will be invited to the annual June research conference and will have two further meetings a year.

**Fact!**

**Between March 2007 and December 2010 we asked women, how well would you say you and your husband/partner are managing financially now?**

- 27% said they were living comfortably
- 41% said they were doing alright
- 24% said they were just about getting by
- 6% said they were finding it quite difficult
- 2% said they were finding it very difficult

40 women did not wish to answer this question.

# Preparing for a new baby? Prepare to be...



# HAPPY

Healthy and Active Parenting Programme for early Years

eat well, drink well, play well

BiB staff are testing out a new parenting course called HAPPY which will help parents to prepare for life with a baby.

It starts when women are pregnant and continues for nine months after the birth of the child. The course is based upon the Family Links Nurturing Programme (FLNP) which already runs successfully in Bradford Children's Centres; in Happy there is a particular focus on how to feed and wean your child in a healthy way and how to look after yourself and keep yourself healthy.

HAPPY is based on key building blocks which all help to build good relationships and to encourage confident parenting by learning to have more self-esteem and self-awareness, appropriate expectations of family members, how to give positive discipline and



how to see things from another person's point of view.

Parents will also learn crucial skills such as:

- How to love with boundaries
- How to feed and wean your infant
- How to choose what the adults in the house eat to keep healthy
- How much active playing time an infant needs and how to encourage them
- How much activity time adults need: what to do and when to do it.

## Fact!

**We asked women, do you have a small amount of money to spend each week on yourself (not on your family)?**

- 80% said yes
- 16% said they can't afford to
- 4% said they didn't want or need to

# News round-up

## In sad times

Sadly some Born in Bradford babies die during the first year of the child's life or later on. When this happens we send our condolences to the family concerned. We do not wish to add to a family's distress so after the letter of condolence we do not send any more Born in Bradford communications unless the family request to continue receiving the newsletter.

Those families who suffer in this way also have the choice to withdraw from the study completely and to have destroyed any information or biological samples they have given to Born in Bradford, or to leave that information and those samples so that they are still participating.

Some mothers also die during each year; again we send our condolences to the bereaved family and request permission from the remaining parent/guardian to continue to follow the child or children that the mother had consented into the study and to continue to send the newsletter to them.

## Changes of address

It is really important to the success of the project that we can keep in contact with everyone we have recruited so if you change address just tell your GP. As you know the GPs are part of the BiB project so we will be advised of any changes from the central register.

## Stay in touch

Don't forget to keep in touch through our **Born in Bradford Facebook** site or look on our website: [www.borninbradford.nhs.uk](http://www.borninbradford.nhs.uk) for news of parents' meetings, new initiatives and project updates.



### BORNINBRADFORD

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Registered Charity No. 1061753

## Fact!

**We asked if you had enough money to have a holiday from home at least once a year (not including staying with relatives in their home)**

- 39% said yes,
- 36% said they can't afford to,
- 24% said they don't want/need to

16 women did not wish to answer, 44 women did not know the answer and the information was missing from 42 questionnaires.