



BiB Growing Up Information for Children

**Thank you very much for being
part of the Born in Bradford study
since before you were born.**

You might not realise it, but you and thousands of other Bradford children have been helping us to find out about the health & happiness of children in Bradford for all that time!

You get a birthday card from us every year and some of you might have been to events we organise, like the Teddy Bears' Picnic, the Family Festival or our photo shoots. But we haven't met you all - and now we'd like to see you so you can tell us about your life.

What will happen at the Growing Up visit?

You can:

- tell us about your health and your life
- give a small amount of your blood (or if you don't want to do this we could swab the inside of your cheek)
- find out how tall you are, what your blood pressure is and other measurements

Some of you may also be asked to give a sample of your wee!



What if I have any questions?

If your parent can't answer your questions, one of the BiB team will answer them at your Growing Up visit.

How do I take part?

Your parents are also invited to the Growing Up visit – they will have their own questions and measurements. You can decide together if you want to come along. At the visit you can tell us what you want to do – it will be up to you.

Find all the words below!

M	H	K	M	T	E	N	A	F	K	A	R
O	T	N	F	N	O	S	E	C	A	E	K
U	O	E	R	I	G	O	A	M	D	C	C
T	O	E	S	L	N	B	F	L	Q	J	E
H	T	E	E	T	H	G	U	S	I	W	N
E	L	G	I	A	A	O	E	D	N	A	H
Y	R	O	I	M	H	M	Y	R	X	E	J
E	J	R	V	S	G	E	B	P	L	E	F
E	P	H	F	E	N	Z	Y	B	P	T	D
E	N	G	L	I	S	H	O	N	C	A	L
B	O	D	Y	I	Y	W	R	A	E	R	H
N	G	T	F	U	N	R	R	H	K	M	R

- Head
- Face
- Hair
- Ear

- Eye
- Nose
- Mouth
- Teeth

- Neck
- Shoulder
- Arm
- Elbow

- Hand
- Finger
- Back
- Leg

- Knee
- Foot
- Toe
- Body