



Welcome to the first Growing Up in New Zealand newsletter, a special edition for our first Growing Up families.

We have 200 mums and their partners in Growing Up, living in Auckland and the Waikato. From your interviews, we have painted a picture of who joined Growing Up so far, and their hopes and dreams for their baby. Official research results will be ready in mid-2010 after we have finished interviewing the next 7600 mums and partners.

### **Our families**

The Growing Up families are all individually very different, and yet very similar in many ways.

Our mothers are between 17 and 46, with an average age of 31. The fathers are between 18 and 52, with an average age of 33.

Most of our families speak English at home, but there are 14 other languages spoken, including Samoan, Hindi, Mandarin and Tamil.

### **Your pregnancies**

Around 10% of women reported having treatment to become pregnant.

But not everyone is a first time parent - seven percent of our mums and 6% of our partners are having their fourth or later baby.

It didn't take long for you to find a midwife - most people found one within a week. However, most women continued to see their GP during their pregnancy, with 11% seeing an alternative practitioner as well as their midwife.

### **Hopes and dreams for your baby**

As you may remember, our first meeting ended with us asking about your hopes and dreams for your baby.

Hopefully, some of these are beginning to come true as you meet your babies and they begin their journey as a member of your family. Many people

commented that this was an enjoyable part of the interview, so we thought you would be interested to hear more about parents' hopes and dreams for their children's futures.

- Many parents commented that they wanted their child to be happy and healthy, to feel secure and loved and to grow up in a safe environment with strong family and cultural connections.
- Parents also commented that they wanted their child to have a good education and to achieve success in life.
- Many parents hoped for a better life for their child than their own.
- Parents also hoped for their children to have strong morals and to develop a sense of independence.

As an integral part of Growing Up in New Zealand, you are providing a wealth of information about what it is like for children to grow up in New Zealand.

We will be coming back to your hopes and dreams for your children in the future, and we look forward to sharing in your child's development.

The next Growing Up newsletter is due around March when we will have more details about recruiting the other 7600 babies into Growing Up.

Congratulations to everyone who has had their baby - if you have a spare moment, we'd love you to give us a call on the freephone number (0508 476 946) to tell us how you are getting on.

Dr Susan Morton  
Research Director