

Welcome

Welcome to the Growing Up in New Zealand September quarterly newsletter and kia ora to those of you who have joined our mailing list since June.

In this issue, we have an update on our recruitment progress, and a note inviting women to join Growing Up whose babies are due through to March 25 next year, our first group of babies' parents have had their 9-month interviews, and a quick reminder of how often we'll be contacting you as part of Growing Up.

Recruitment progress

We're delighted to let you know that so far 7,400 women have registered to be part of Growing Up in New Zealand.

We're registering about 250 women per week from all parts of our recruitment area, which allowing for people changing their minds, is right on target for reaching our goal of interviewing 7,600 mothers by mid-December.

At the end of last week, we had completed 3642 mother and 2491 partner antenatal interviews, and welcomed 1766 children into the study, including 22 sets of twins and one set of triplets.

Due date criteria extended to 25 March 2010

The big news in the last couple of weeks is that Growing Up in New Zealand has extended its eligible date range to give more women the opportunity to be part of the study. Now, all women with a baby due before 25 March 2010 and living in our recruitment area can enrol in Growing Up.

Although our end date has changed, our residential address criteria haven't changed - women still need to be living in the Auckland, Counties-Manukau or Waikato district health board regions to join the study. So if you know anyone who is pregnant and meets those two criteria, please encourage them to join Growing Up before it's too late!

Our Leading Light babies are nearly one year old!

Congratulations to all our Leading Light parents whose babies are turning one year old over the next few months. Our Leading Light parents and babies were enrolled in 2008 as a special group to lead the way for all the families who are being enrolled this year.

We started with 200 mums and their partners, and now a year later, we have 195 mums and babies in this group (some parents have decided not to be involved anymore). Although it's sad to lose those parents and children from the study, if they change their mind in the future about being part of Growing Up, they can rejoin at any stage by just giving us a phone call.

In July and August, our Leading Light parents had their second face-to-face interview with Growing Up to talk about their babies when they were about 9 months old. In this interview we asked about what their babies are eating and drinking, about their health and how the

babies are developing. We also asked the parents questions about themselves and about caring for their babies.

I'm sure all of you will be happy to know that the interview when your baby is 9 months old is a little shorter than the pregnancy interview. The mum's questions take about 50 minutes, the child's questions take about 35 minutes and the partner questions take about 40 minutes to complete.

We'll be ringing parents about a month before their baby turns 9 months old, so if you've changed your number recently (perhaps you've changed to a 2degrees mobile?), just call us on 0508 476946 and let us know your new details, so we can keep in touch with you.

Our contact with you over the first two years

One of our mums asked me the other day if I could send a timetable of how often we will be contacting families as the babies grow up. I've put together a detailed timetable until the babies are 2 years old, because this is the time that we'll contact you most often to learn about your children's very early development.

Antenatal interview - in the last three months of pregnancy, at your home or a place that suits you

Telephone call - six weeks after your baby is due. The call takes 5 minutes and we ask your baby's name, date of birth and a few other questions

Telephone call - when your baby is 7 ½ months old to let you know we'll be contacting you to arrange the next interview

9-month interview - when your baby is about 9 months old. We will come to your home or a place that suits you to do the interview

Telephone call - when your baby is about 15 months. The call will take about 5 minutes, and we'll ask how you and the baby are

2-year interview - when your baby is about 2 years old. We'll come to your house or another place that suits you.

After that, we will see you and your children every 18 months or so.

As well as these calls and interviews, we'll be sending you a newsletter like this one, every three months or so. If you don't want to get the newsletter, please let me know and I'll take you off the mailing list.

One thing you might want to know is that partners who didn't want to join Growing Up at the beginning can still join the study later if they change their minds. Just give us a call and we can enrol them for the next interview onwards.

And if you have any questions you would like to ask us, or anything you would like to read about in the newsletter - just email Bernadette Cornor (that's me) at b.cornor@auckland.ac.nz.

To remove your name from our mailing list, please call on 0508 476946

Questions or comments? E-mail us at contact@growingup.co.nz or call on 0508 476946

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