

## **Welcome**

Welcome to the Growing Up in New Zealand quarterly newsletter for January 2010, and kia ora to those of you who have joined Growing Up since our last newsletter in September.

In this issue we have an update on recruitment, the start of the 9-month interviews for babies born from the beginning of 2009, staying in touch and the ten most popular Growing Up boys' and girls' names from 2009.

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## **Recruitment progress**

Since April last year, I've been giving you updates of how we've been doing towards reaching our goal of 7,800 babies enrolled in Growing Up. Now that we have only eight weeks left until recruitment finishes, our forecasts show us getting very close to achieving that goal.

However, our forecasts also show that we can still enrol and interview another 500 pregnant mums between now and 25 March. So, if you know anyone who lives from the Auckland Harbour Bridge to south to National Park, and is having a baby before 25 March 2010, then please let them know not to leave it too late to be a part of Growing Up.

We'd really like another 500 families being heard in Wellington (along with you) when child and family policy is being created, so if you can help spread the word about enrolling in Growing Up, that would be fantastic. Being part of Growing Up is one of the few chances parents have to influence policies that directly affect their children, so the more families who are part of Growing Up, the better we can represent the whole range of New Zealand children and families to policymakers.

We can accept enrolments up to 25 March, and then registrations end. Unfortunately, we can't "top up" with more children later on; this is the only opportunity parents have to join Growing Up.

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## **Nine month interviews underway**

The next few months are shaping up to be the busiest ever for Growing Up in New Zealand.

Two weeks ago our call team began ringing the parents of babies born late 2008/ early 2009 to confirm their contact details and to let them know that their nine month interviews were due. Since then, we've been training our interviewers on the 9-month questionnaire and using the new, small laptops we've bought for the study. (The new laptops are great - they're only half the size of a traditional laptop so it's easier to talk to you without having the screen in the way. And the case is made of rubber, so they bounce - a little bit!)

These interviews started this weekend and will continue until January 2011. At the same time, we're completing the final three months of the pregnancy interviews, writing the questions for the 2-year interview, and requesting the first sets of routinely collected birth data from the district health boards (for the mothers who gave their permission for us to have this information).

And along with that, the researchers are busy preparing to have the first findings from the pregnancy interviews ready for publication in the middle of the year. Already the scale of Growing Up has allowed us to collect more information about New Zealand pregnancies and very early starts to life than many other similar studies and we'll be putting that to good use.

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## Most popular boys' and girls' names for 2009

It's always interesting to find out the names parents have given their children, and that's no exception at Growing Up. I've compiled a list of the 10 most popular girls' and boys' names in the study so far (counting first and middle names).

The most popular girls' names, in order are: Rose, Grace, Elizabeth, Jane, Marie, Sophie, Kate, Olivia, Ruby and Louise.

The most popular boys' names (in order) are: James, William, John, Daniel, Michael, David, Thomas, Jacob, Alexander and Liam.

The names on the Growing Up lists are very similar to [the 2009 list released by the office of Births, Deaths and Marriages](#). Like the names given to the rest of New Zealand's babies born in 2009, it seems that traditional English names are popular with many Growing Up parents.

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## Enrolments accepted for 9 month interview

New mothers have been telling us that they would have liked to have joined Growing Up last year while they were still pregnant, but they didn't hear about it in time. So, to give these parents a chance to join Growing up, we're happy to enrol them in the study to start from the 9 month interview.

The eligibility criteria are the same, which is:

- the baby must have been due, and born, between 25 April 2009 and 25 March 2010-03-01 the mother must have been living in either the Auckland, Counties-Manukau or Waikato district health board areas when she had the baby, and is still living in one of these areas.

If you know anyone who would like to join the Growing Up and meets these criteria, please pass along our invitation for them to join the study.

They can enrol by calling us on our freephone, 0508 476946, or visiting [www.growingup.co.nz](http://www.growingup.co.nz).

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## Keep in touch

We like staying in touch with you, so if you've moved or changed your phone number or email address, let us know and we'll update your details. You can either call us free on 0508 476 946 or email us at [contact@growingup.co.nz](mailto:contact@growingup.co.nz).

Even if you're heading overseas, drop us a line to let us know how long you'll be away and we'll make a note of it.

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To remove your name from our mailing list, please call on 0508 476 946

Questions or comments? Email us at [contact@growingup.co.nz](mailto:contact@growingup.co.nz) or call on 0508 476 946

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