

Baby Steps

The latest news from the Baby Milk Study

Issue 2 Summer 2013

Baby Milk Study PROGRAMME
for Healthy Growth
and Nutrition



Welcome to the second edition of **Baby Steps**, a newsletter for participants and supporters of the **Baby Milk Study**. We have been working hard since the study began in April 2010 to learn more about baby feeding and how it affects growth and development in the first year of life. We want to improve the quality of support and guidance that is routinely offered to new parents who feed their babies some formula milk.

From Baby Steps to giant leaps!

Since our last newsletter we are excited to report that we have recruited more than 250 families onto the study. This is a fantastic achievement for the study, so a big thank you to everybody who has volunteered to take part!

A word from the mums...

"I found taking part in the study fantastic, felt it was great and received reassurance that I was doing the right thing, especially when starting the weaning. Karen, she was so kind to me and made the whole experience so great."

Brynja Palsdottir

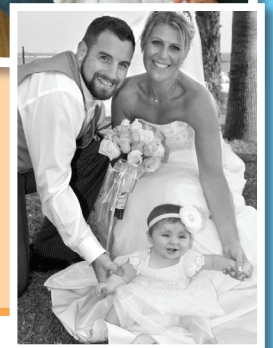
"When we first joined the milk study, we were unsure on how it would work. Once everything was explained, we immediately felt more positive. I actually think now that it was the best thing we had done. Kai is extremely content; he is following the guidelines daily and does not cry for more milk. Me personally as the mum, I have found it great and the support I have had has been fantastic."

Amy Tandon

"I just wanted to say how useful and informative I found taking part in the milk study. It was nice to know if I had any questions or queries I just had to pick up the phone to you. The milk study team were all so lovely and Lily-May loved her visits to see them as much as I did and we miss seeing you all now."

Samantha Jones

*Congratulations to Sam and Husband Ben, who tied-the-knot during the study!
Lily-May playing above and helping her parents celebrate on the right!*



WE NEED YOU!

In order to make the study a success we need many more parents like you! If you know anyone who might be interested in taking part then please pass our details on.

NEWS FROM THE TEAM

With the number of volunteers growing, our Baby Milk Study Team has also grown. In July last year we were pleased to welcome Charlotte to the team as a new Research Assistant, working across the whole of Cambridgeshire. We also welcome Tom who is based at North Cambridgeshire Hospital in Wisbech. They are responsible for measuring babies' growth including length, weight and head circumference. If you lined all our babies up at baseline they would measure a whopping 143m! And they're growing by the minute!

Karen and Liz, two of our specially trained Research Nurses, also joined our team of Facilitators last year. Our facilitators work tirelessly to give parents the support and advice they need with bottle feeding and all the way through weaning.

The study office has also seen changes with Fiona joining as the new Study Coordinator and Gisela as the new Study Support.

With our team getting bigger we have been able to increase the number of testing sites we work at: Since September 2012 we have been working two days a week at the Oak Tree Centre in Huntingdon. We also hope to be able to measure families at the Children's Unit at Hinchingsbrooke Hospital in the near future. These are in addition to our specialist research facilities within the MRC Epidemiology Unit at:

- Addenbrooke's Hospital, Cambridge
- Princess of Wales Hospital, Ely
- North Cambridgeshire Hospital in Wisbech

We also offer home visits if needed because we know how difficult it can be to be a mum juggling a million and one things!

*Daisy, one of our participants,
at 6 months*



Thank you for all your help!

As well as a big thank you to all our volunteers, we would also like to say a huge thank you for the continuing commitment of everyone involved in helping us to recruit new families onto the study.

Our GP surgeries have been fantastic, and we are excited to be welcoming more Practices onto the study in the year ahead.

Thank you to...

- Acorn Surgery
- Cedar House Surgery
- Charles Hicks Centre
- Cherry Hinton Medical Centre
- Cornerstone Practice
- Cornford House Medical Centre
- Eaton Socon Health Centre
- George Clare Surgery
- Linton Surgery
- North Brink Medical Practice
- Nuffield Road Medical Centre
- Papworth Surgery
- Priory Fields Surgery
- Sawston Medical Centre
- The Spinney Surgery
- Staploe Medical Centre
- St Mary's Surgery
- Yaxley Group Practice
- York Street Medical Practice
- The Primary Care Research Network
- Cambridgeshire Community Services
- Rosie Hospital, Cambridge
- Hinchingsbrooke Hospital, Huntingdon
- Queen Elizabeth Hospital Kings Lynn

And to all the midwives, health visitors, childcare and community workers and other healthcare staff who have taken time out of their busy schedules to support recruitment to the study – *thank you!*

Contact us

Freephone: **0800 756 0878**

Text: **07786701314**

Email: **babymilkstudy@mrc-epid.cam.ac.uk**

Web: **www.mrc-epid.cam.ac.uk/BabyMilk/**

We want to keep you updated with all the news and findings of the Baby Milk Study, so if you move or change your contact details don't forget to let us know!

