

Baby Steps

The latest news from the Baby Milk Study

Issue 4 Spring 2016

Baby Milk Study PROGRAMME for Healthy Growth and Nutrition



Welcome to the fourth edition of Baby Steps, the newsletter for participants and friends of the Baby Milk Study. The purpose of the Baby Milk Study is to learn more about baby feeding and how it affects growth and development in the first year of life and in the future. We aim to improve the quality of support and guidance routinely offered to all parents who feed their infants formula-milk.

Thank you!

We would like to thank all 669 families who have taken part in the Baby Milk Study. With your help we have succeeded in meeting our recruitment target and are on track to collect enough measurements and questionnaire data to allow us to draw meaningful conclusions about feeding and growth in the first year of life.



Our last family to enter the study, mum Louise and baby Millie pictured here with Research Assistant Sarah.

Keeping you up-to-date

We will of course let all of you know what we find. We will send a newsletter next year, so **please keep in touch!** Let us know if you change your email address or move house ...perhaps you could save our email address in your contacts list in case your junk filter thinks we're spam! babymilkstudy@mrc-epid.cam.ac.uk

Results will also be published on our study webpage www.mrc-epid.cam.ac.uk/research/studies/babymilk/

What's next for the Baby Milk Study?

By the end of March 2016 we will have seen all our families for their 1 year check and can begin to prepare the study data for analysis.

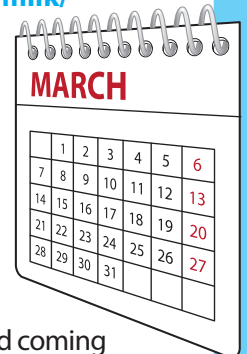
You have been fantastic at returning questionnaires and coming back to see us, so we have lots of information to process and analyse. We are looking through every tick box and comment you've made.... so far we have received more than 5400 questionnaires, which is a lot of pages of important information...it should keep us busy for a while!

Towards the end of the summer analysis will be complete and our study investigators will write up the findings as reports. These will be published in medical journals, presented at academic conferences, and sent to other interested parties, so that the findings can be used to inform policy at a national level.

BABY MILK INTERVIEW STUDY

Thank you to all of the mums who volunteered to take part in our additional interview study. We spoke to 19 parents in total.

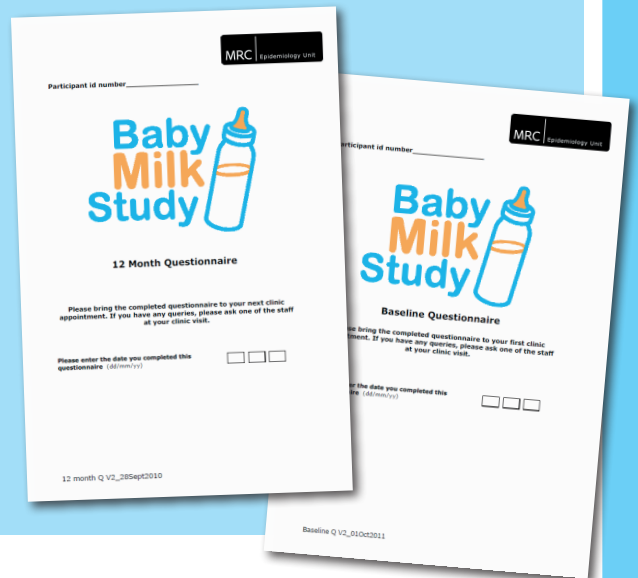
Some of the parents we spoke to indicated a desire for better advice from healthcare professionals and this is an important message for policy-makers in the NHS and local and central government. The results of these interviews will also help us to interpret the findings from the main study.



Questionnaires missing in action?

Study questionnaires at ages 6 months and 1 year are a very important source of information, allowing us to examine the biological, psychological and environmental factors that may affect feeding behaviours and your baby's growth.

Don't worry if you were too busy to fill in a questionnaire at the time, but if you come across a questionnaire that you completed back when your baby was 6 months or 1 year old then please don't let that information go to waste. You can return it to us at any time by scribbling our Freepost address (below) on any envelope and dropping it in your nearest postbox. If you can't remember whether you returned a questionnaire, or if you would like us to send you another, then please call or email us and we will send you a new questionnaire with a Freepost envelope to return it.



A word from the team...

"Working on Babymilk has been such a joy, I've loved working with such a great team and getting to meet so many lovely families!"

Sarah Arnold (Research Assistant)

"I loved getting to know the families and seeing their babies grow. It was great knowing we could support them"

Amie (Facilitator)

"I've enjoyed working with such an amazing group of parents and their babies. Listening to their experiences and the challenges they have faced on their journey has been a real insight"

Karen F (Facilitator)



"It has been an incredible privilege to be involved with babies and their families at the start of their life. Watching them grow and develop, and parents overcoming the challenges involved fills me with admiration"

Karen P (Facilitator)

Thank you to all of the GP Surgeries that have helped us with the study, and for the support of the CRN Eastern, CCS and Hertfordshire Community NHS Trusts, the Rosie, Hinchingsbrooke and QEH Hospital NHS Trusts. We would also like to thank our funders, the National Prevention Research Initiative (www.mrc.ac.uk/npri)

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