

New Beginnings and a Happy New Year

BIS News:

● There are now **643 families enrolled in the BIS**. Which means we are more than **halfway there** with recruitment and on target to reach our goal of 1,250 families by mid 2013. **Thanks to each of you** for joining the BIS team!

● We were awarded two **further National Health and Medical Research Council grants**. There are now four active NHMRC project grants funding BIS, totalling **greater than 3 million dollars in highly competitive funds**. NHMRC applications are rigorously peer reviewed and fewer than one in every five applications are successful, so the fact that all four BIS applications have been awarded provides assurance that the project is important and has been carefully thought through.

● We have had our **first Abstract accepted to an international scientific meeting**. The abstract evaluates the influence of babies sighing during lung function testing. From little things big things grow, and we all look forward to the output of the BIS accelerating over the coming years. Watch this space!

● We have two **new PhD students** joining the team. Kate McCloskey will complete her training to be a paediatrician in early 2012. She will be working within the BIS Cardiovascular project to evaluate the early life determinants of ath-



erosclerosis – the hardening of the arteries that leads to heart attacks and strokes in later life. Christos Symeonides is also in the final stages of his paediatric training, and is working on developing a new component of the project looking at the relationship between exposure to specific modern chemicals and the babies' neurodevelopment. Kate and Christos join Natalie Stocki who is working on the role of T regulatory cells in the prevention of allergic disease. All three are **fantastically talented young researchers** and we are delighted to have them as part of the BIS.

● Our project coordinator, **Cat and her husband Andre** are **expecting their second child** around Easter. Best wishes to you both!

● We have been working on developing the BIS website (barwoninfantstudy.org.au) which we plan to launch in the coming months. This will provide information about the study for

participating families and for people considering joining the BIS team. It will also be invaluable for communication among the BIS researchers and broader scientific community. Thanks to Tony, Hayden and Martin from Creative Force

(www.creativeforce.com.au) for their generous donation of time and expertise and to Rotary Geelong East who have co-sponsored development of the BIS website.

INSIDE THIS ISSUE:

- 1. BIS NEWS**
- 2. MEET THE TEAM**
- 2. COMMUNITY NEWS**
- 2. MORE BIS BABY NAMES**
- 2. HOME MADE PLAY DOUGH**
- 3. MEET A BIS FAMILY**
- 3. HOT TIPS FOR KEEPING BABY COOL**
- 4. SUDOKU**
- 4. ACKNOWLEDGEMENTS**

COMMUNITY EVENTS

FEB:

GEELONG NIGHT MARKET, FRIDAY EVENINGS FROM JAN 20 - FEB 24, JOHNSTONE PARK GEELONG

MUSIC IN THE GARDENS, EACH SUNDAY EVENING IN FEB, TEAHOUSE LAWN, GEELONG BOTANIC GARDENS

EASTERN PARK 5PM - 7.30 PM. ADULTS \$15, CHILDREN FREE (www.friendsgbg.org.au)

19 - KIWANIS ALL FORD DAY, DEAKIN UNIVERSITY WAURN PONDS CAMPUS, ADULTS \$5, CHILDREN UNDER 14 FREE (www.allfordday.org.au)

25 - PAKO FESTA, PAKINGTON ST, GEELONG WEST FROM 9 AM. PARADE AT 11 AM, FREE

MARCH:

4 - WEETBIX KIDS TRY-ATHLON, EASTERN BEACH (www.weetbix.com.au)

17 & 18 - GEELONG HIGHLAND GATHERING GEELONG SHOW-GROUNDS, CHILDREN UNDER 5 FREE (www.geelonghighlandgathering.org.au)

25 - GEELONG MG CAR CLUB CLASSIC CAR DISPLAY, STEAMPACKET GARDENS, FREE

Meet the Team!

Professor Anne-Louise Ponsonby, Lead Investigator.



Anne-Louise is an epidemiologist and public health physician. She started public health research in 1987 on a large study into sudden infant death syndrome. This work, along with her colleague Prof. Terry Dwyer has helped contribute to a more than 50% decrease in SIDS in Australia and other countries. Anne-Louise wears many hats, and is currently the head of Environmental and Genetic Epidemiology Research Group, Infection, Genes, Environment and Health at MCRI. She is also an Adjunct professor at the Menzies Research Institute, University of Tasmania, the Australian National University Medical School, and the Department of Paediatrics, University of Melbourne. In addition to all of this – Anne-Louise is mother to her four children ages 23, 21, 17 and 15.

Catherine Lloyd-Johnsen, Project coordinator.

Catherine is an epidemiologist and public health researcher with over 7 years experience conducting clinical and community based research. She is especially interested in child health research & is really thrilled to be working on such a great project in her home town of Geelong after commuting to the Royal Children's Hospital for four years. Catherine lives in Herne Hill with her husband Endre and 3 year old son, William. As well as being project coordinator for BIS, Cat is currently working on another important project—a brand new baby due in April this year!



MAKE YOUR OWN MODELLING DOUGH

INGREDIENTS:

- 2 cups plain flour
- 1 cup salt
- 1 tablespoon cooking oil
- 1/2 to 1 cup cold water
- 2 drops food colouring



INSTRUCTIONS:

1. Combine flour and salt
2. Add water, food colouring and oil

3. Knead until well combined
4. If consistency is too sticky add more plain flour
5. Have Fun!

NOTES: When the kids are all done playing, keep dough in an air tight container at room temperature. Dough lasts for up to 4 days.

More BIS baby names: Max, Macy, Mimi, Niall, Jamie, Hamish, Jayden, Lucy, Harriet, Tiffany, Clancy, Kieran, Maya, Sophie, Zac, Calista, Emily, Tilly, Eva, Stella, Jaidan, Phillipa, Benjamin, Scarlet, Cassidy, Dominic, Lilly, Hannah, Georgina, Sam, Scarlett, Sarah, Ruby, Lewis, Marvin, Zariah, Isla, Timothy, Zoe, Maggie, Archie, Shari, Sydney, Daisy, Milly, Lily, Tahlee, Grainger, Benjamin, Louis, Mariyah, Cooper, Stella, Benjamin, Gem-

ma, Lewis, Mimosa, Cleo, Grace, Heston, Alfie, Claire, Kyra, Isla, Harry, Freddie, Gracey, Maya, Jamie, Miller, Molly, Isobel, Sienna, Gretel, Archer, Ruby, Niamh, Baden, Xavier, Alexis, Rivah, Owen, Eli, Phoebe, Tiana, Haris, Molly, Lachlan, Reece, Jack, Harry, Jack, Isaac, Heath, Alexander, Daisy, Lucas, Sebastian, Xavier, Charlie, Isla, Chaz, Lucas, Malik, Jack, Eloise, Xavier, Toby, Oliver, Angus, Jude, Jackson, Max, Lenny, Ryder,

MEET A BIS FAMILY: THE SWIGERS



Rob and Priscilla with their children Cassia, Soren, Sienna and Finnian.

Priscilla and Rob Swiger, of Highton, and their two children Sienna (6) and Soren (4) got a big surprise when they went to the first ultrasound for the new baby they were expecting in May 2011. Baby number three was in fact baby number 3 and number 4 - they were having twins!

"Neither Rob, nor I have any history of twins in

our families, so this was a complete surprise", says Priscilla of her now eight month old twins Cassia and Finnian.

Life keeps getting better for the Swigers, as the twins grow and develop. Priscilla reveals that whilst "I had numerous obstacles with breast-feeding including mastitis, staph infection and vasospasms, we survived - with a lot of support - and all is fabulous now. Cass and Finn started sleeping through at about 4 months and it all just gets better and better. They are still happily breastfeeding and very keen pumpkin and sweet potato fans!"

Rob, a nurse at The Geelong Hospital and Priscilla, were pleased to include their newest family members in the BIS. Cassia and Finnian are the study's first set of twins to be born, and BIS is very grateful for their participation.

Hot tips for keeping baby cool this summer.

- Open windows in several rooms to create a through breeze.

- Fans are useful, but do not direct them at your baby. Turn the fan on before your baby's bedtime to allow the room time to cool down.

- Hang wet towels over chairs or windows to cool the air. The evaporating water causes cooling.

- If you use a waterproof sheet, consider removing it while the weather is hot or cover it with several layers of tightly wrapped cot-

ton sheets to absorb perspiration. way to cool off.



- Keep curtains drawn during the day to prevent the sun from heating up the room.

- Let baby cool off with some water-play. Splashing in the bathtub, or in a baby pool, under your supervision is a quick and fun

- During breast or bottle feeds try laying a towel, pillowcase or cloth nappy between you and baby during feeding. A cool, damp washcloth in the crook of your arm can be refreshing too, and it will cut down on the discomfort of sticky skin-to-skin contact.

- If your baby is breastfed, have a glass of water at each feed so that your fluid levels are high enough to keep both you and baby hydrated. A well hydrated mum leads to a well hydrated baby!

WELCOME!

We are very fortunate to have Dr. Ning Wang from China Centre for Disease Control and Prevention working with the BIS team for the next 6 months. During her time here she will be learning all about the BIS and taking that knowledge back to China to apply it to her own research work on the Chinese Families and Children's Cohort study. We are lucky to share in her expertise and look forward to building a great relationship with our new colleague. Welcome Ning!

	8		5			7	9
2		9	7				
4			8	6		2	5
	6				4	3	1
		7	9		5	4	
9		3	1				2
	3	8		2	7		5
					1	6	4
5	1				8		3

SUDOKU

The goal of the game is to fill all the blank squares in the game board with the correct numbers. There are only 3 rules to follow.

In a 9 by 9 square Sudoku game:

- **Every row of 9 numbers** must include all digits 1 through 9 in any order
- **Every column of 9 numbers** must include all digits 1 through 9 in any order
- **Every 3 by 3 subsection** of the 9 by 9 square must include all digits 1 through 9

Good Luck!

Child Health Research Unit,
Barwon Health

Phone: 03 5260 3058

Mobile: 0400 432 976

Fax: 03 52267120

Email:

BISNews@BarwonHealth.org.au

Website:

BarwonInfantStudy.org.au

(under construction)

*Working together for
children's health*

Participating Institutions:



Proudly Supported By:



**Our Women's
Our Children's
Fundraising
Committee,
Barwon Health**



Rotary Club



Of Geelong East Inc.

