

Falling into Autumn



BIS News:

- Welcome to all the new BIS families! We are so glad to have you on the team and look forward to getting to know you better.
- The Barwon Infant Study will soon be offering a **9 month home visit**, as an optional enhancement to the existing study. This visit is our first chance to test how our BIS babies are going with their **early thinking and learning** (neurodevelopment - see page 3). The home visit is also an important opportunity for us to learn more about your home, and collect specimens of house dust, urine and hair to test for common chemicals that may be present. Seeing **how a baby plays** can tell us about how he or she thinks, and as part of 9 month visit we will use play to test your child's developing **memory and concentration**. You might be surprised at what he or she can already do! We want to capture your baby at his or her best, and we think ba-

bies may be more **relaxed** and less distracted if we do this **testing at home** with you involved. We also try to time the testing with their sleeps. We are interested if modern **chemicals** in the environment might **affect** healthy neurodevelopment, and in particular **memory and concentration**. However, the information and samples we collect will help us to get a better picture of how the environment affects every part of child health that we are studying: from the immune system, to the lungs and heart. If you would like to learn more about the 9 month visit, ask for a copy of our **Information Leaflet**.

- Many of the **BIS babies** are now 12 months old. A very happy birthday to you all! We hope that as many families as possible will choose to remain involved in the **BIS beyond the first year**. Early life is likely to be very important to a wide range of health outcomes, but of course many condi-

tions don't develop until children are **older** (e.g. asthma). Together we have compiled an **internationally** unique collection of **data and specimens** regarding pregnancy and the first year of life. The longer we follow your babies the more we can **learn**. But don't worry – the frequency of the reviews backs off and there are no more daily symptom diaries! Following your babies' 12 month review we will **invite you** to participate in a **telephone** interview when you baby is **18 months old**. **Thank you** so much for your generous contribution to the BIS and for considering sticking with us into the **future**.

- BIS project coordinator **Cat**, husband **Endre** and son **William** welcomed little **baby girl Ingrid** to the family on March 21st. Congratulations!
- The BIS family is growing! We now have **802 families** in the study and **629 BIS babies** have been born!

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COMMUNITY EVENTS

JUNE:

30TH - 2ND HAND SATURDAY, CORIO COUNCIL DEPOT, DROP OFF UNWANTED HOUSE HOLD ITEMS FREE OF CHARGE
(www.2ndhandsat.com.au)

JULY:

7TH - JAMES AND THE GIANT PEACH, 12.00 & 2.30PM, GPAC GEELONG, TICKETS \$18.50
(www.gpac.org.au)

9TH - THE CHIPOLATAS, 11AM & 1PM, JOHNSTONE PARK, FREE

9 - 29TH - TASTES OF CENTRAL GEELONG, VARIOUS TIMES & LOCATIONS
(www.centralgeelong.com.au)

10 - 13TH - JACK AND THE BEANSTALK, POTATO SHED DRYSDALE, DAILY 10.30AM & 1.30PM, BOOKINGS ON 5251 1998

AUGUST:

5TH - STEAMPACKET GARDENS MARKET, EASTERN BEACH RD, GEELONG, FREE

10 - 12TH - GEELONG BOOK FAIR, GEELONG WEST TOWN HALL, GOLD COIN DONATION

11TH - BELMONT FOOD SWAP, SOUTH BARWON COMMUNITY CENTRE.

Meet the Team!

Spotlight on BIS Investigator Katie Allen:

BIS News: Tell us a bit about yourself!

Katie: I am a Paediatric Gastroenterologist and Allergist at the Royal Childrens Hospital. I am also Theme Director of the Population Health, Genes and Environment Research Theme at MCRI and my main research interests are in Food Allergy.



BIS News: Can you tell us a bit about the HealthNuts study?

Katie: The healthnuts study is the largest single centre population-based study of childhood food allergy. It has been funded by NHMRC and we finished recruitment of 5300 children in August 2011. Follow up of the children at age 4 and 6years has commenced this year. We were astounded to find that up to 10% of 12 months old infants in our Melbourne-based study have food allergy.

BIS News: Please share why you joined the BIS team.

Katie: The Barwon infant study will provide extraordinary insights into the reasons for why allergic disease - in particular food allergy - is on the rise. There are significant synergies between the 2 studies and we have been able to share information in a way that will enable both studies to benefit significantly.

BIS News: Tell us about your likes/ hobbies/ spare time when you are not being a paediatric gastroenterologist extraordinaire.

Katie: I love coming down to Point Lonsdale with my husband, 4 children and 2 dogs to spend time at my family's beach house. My sister and brother-in-law Penny and Simon Horne live there and it is wonderful to spend time with their gorgeous 3 girls. (BIS chief investigator) Pete V and I also can't help but chew the fat over our research when we are down there since he only lives a couple of doors away!

Spotlight on research nurse coordinator Elizabeth Sykes:



BIS News: Tell us a bit about yourself!

Liz: I'm Liz, I am the Research Nurse Coordinator for the Barwon Infant Study. I have been a Nurse/Midwife for about 35 years. I have worked mostly in busy Birthing Suites in Adelaide and here in Geelong and more recently worked with Women during pregnancy and in the early postnatal period. I have also been involved in research for the Vitamin D in Pregnancy Study in Geelong and smaller research projects in Adelaide.

BIS News: Why did you join the BIS team?

Liz: This work is very rewarding and we have contact with many lovely Mums and babies as well as watching the babies grow. The results are going to be very important for the future, so it is very exciting to be part of the BIS team.

BIS News: Tell us about your likes/ hobbies/ spare time when you are not being super-midwife? In my spare time I enjoy "scrapbooking", cooking and walking, I also sing with the Geelong Harmony Chorus. I have four adult daughters but no grandchildren as yet. I enjoy travelling, specially to visit one daughter who lives near London.

MEET A BIS FAMILY: THE McCALLUMS



Michael and Kim McCallum with their children Matilda, Ruby, Georgia Mae, and Poppie.

Michael and Kim McCallum of Lethbridge, and their four daughters Matilda (11), Ruby (9), Georgia Mae (5) and Poppie (17 months), are long-time supporters of child health research. “I had previously participated in a vitamin D study when Ruby was born,” says Kim.

“When I was approached by Stacey from BIS, I thought we could help others by participat-

ing in this study with Poppie. I enjoyed doing the study and I think it’s a worthwhile experience.”

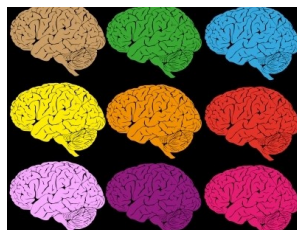
Kim’s pregnancy with Poppie was not exactly smooth sailing however. “My pregnancy with Poppie was different to the others,” she states. “I developed pre-eclampsia which I had not had with my previous pregnancies.” This serious condition resulted in Poppie’s early arrival. Poppie’s premature birth meant she was admitted into the special care nursery at Geelong Hospital until she grew big enough to come home. “This was a very hard and emotional time for us. I cannot thank the staff at Geelong Hospital’s Special Care Nursery enough. They were fantastic.” Poppie has thrived and is now a healthy 17 month old toddler.

Kim recalls feeling glad she was participating in the BIS, “being able to contact the BIS paediatricians if you have any concerns is great. All the BIS staff are lovely, and make you feel very comfortable.”

Information Box:

What is ‘Neurodevelopment’?

Neurodevelopment is the scientific name for “brain development”, but it’s about more than just the physical changes that are happening in the brain. It includes all the changes in behaviour and thinking that we see as babies grow up to be adults. Child neurodevelopment is a very important and complicated part of healthy child development, and neurodevelopmental problems in later childhood are very common. Like other parts of child health that we are studying in the BIS, both genetics and environment are important, and many researchers think that these



problems start from infancy even if we don’t recognise them until later. However, we know a lot less about the role of the environment in neurodevelopmental problems than physical problems like asthma or eczema, so it is especially important to study. Some researchers think that common chemicals in our environment may affect healthy neurodevelopment, and may explain why neurodevelopmental problems seem to be getting more common.

More BIS baby names:

Cooper, Holly, Francesca, Sebastian, Harry, Buddy, Kenzie, Noah, Zoe, Zac, Craig, Piper, Charlotte, Thea, Henry, Dillan, Poppy, Violet, Archie, Thatcher, Van, Lachlan, Lexi, Rubi, Finnegan, Xavier, Sol, Joshua, Pippa, Oscar, Isabell, Emma, Ashley, Kiara, Jonah, Millie, Emerson, Sienna, Anise, Jaxon, Jayden, Luka, Isla, Curtis, Meg, Bobby, Elodie, Dalton, Kobe, Lana, Ash, Ollie, Stephanie, Jem, Grace, Harrison, Mia, Rafael, James, Tallow, Bryn, Liam, Nate, Asher, Ella, Braxton, Esther, Harrison, Alex, Mitchell, Paris, Milan, Chyna, Amelia, Corey, Jordynne, Alexander, Evelina, Ruben, Sheldon, Paxten, Tanna, Axel, Cole, Charlotte, Harper, Samuel, Lucy, Adele, Spencer, Elijah, Lucie, Rikki, Andrea, Quade, Darragh, Ewan, Aoifi, Orlando, Tilly, Arijana, Makayla, Paige, Carla, Milla, Estelle, Caleb, Blaize, Hudson, Kiahna, Octavia, Callum, Eliana, Harriet, Leo, Eliot, Nicholas, Madison, Seth, Amelie, River, Amelia, Maeve, Alice, Kyan, Taj, Xabian, Kiera-Joyce, Micaiah, Harvey, Lili-Rose, Georgia, Benjamin, Finn, Tora, Emeline, Sienna, Maynard, Gianni, Lila, Arlo, Alby, Sienna, Billy, Ellia, Max, Jakeb, Bonita, Cheyanne, Harley.

Need a sweet treat in a hurry? Try this!
The best part is - the kids can help!
Easy Oatmeal Cookies:



- 1 1/3 Cup oats
- 2/3 Cup brown sugar
- 2/3 Cup butter
- 2/3 Cup self-raising flour
- 3/4 teaspoon bicarb soda
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- Preheat oven to 180°C
- Place all ingredients together in a sin-

gle bowl and get the kids to mash, squish and knead the ingredients together.

- When dough is completely mixed, make the dough into walnut-sized balls and place on a lined biscuit tray.
- Bake for 10 - 12 min and let cool.

Optional: why not add a handful of white chocolate chips or sultanas to the mix for a little extra something special?

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

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!

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