

Baby Talk

Issue No.4



BIS Participant Forum: **We need your ideas!**

We want you to help set the agenda for the Barwon Infant Study. With the help of the BIS families we've assembled an internationally unique set of data and biological specimens. We plan to address a number of important research questions over the coming months and years. But we also have a **wonderful opportunity to develop new research questions** within the scope of the data and specimens already collected. Ultimately the BIS is an exercise in people power.

We need you - the parents of our community to **set the research agenda:**

- * **What do you think we should be investigating?**
- * **What questions are important to Australian parents?**
- * **What elements of the modern environment most concern you?**

These are the important questions, and **you are the experts.**

On **Wednesday October 24th** we are hosting the inaugural **BIS Participant Forum**. This is an opportunity for us to update you on the project, and to buy you a drink to say thanks! Importantly it's also an opportunity for us to ask you for **your ideas**. There will be an opportunity to ask questions and make suggestions during the forum. But we would love you to **email us with your ideas before hand** so that we can share and discuss these at the forum. The following day, the BIS investigator team will be meeting to set the scientific agenda for the coming period, and we will be able to incorporate your suggestions into our discussions.

Please let us know if you would like to participate, or have questions or suggestions to offer. Contact: **melissa.cadwell@barwonhealth.org.au**.

There will be further information to follow on the new BIS website...

BIS Participant Forum—Details:

When: 5pm-6pm, 24 October 2012

Where: Costa Hall, Deakin

Waterfront campus

RSVP: By 10 October 2012,

All questions/suggestions, &

RSVP's to

melissa.cadwell@barwonhealth.org.au

Some other news: **The BIS Website is here!**

The long awaited BIS website **www.barwoninfantstudy.org.au** has been launched. Many thanks to **Creative Force** and the **Rotary Club of East Geelong** for their support and commitment to making this happen. The website is still a "work in progress", and we welcome your suggestions on how to improve it. The participant section contains a range of information including **Frequently Asked Questions** and **info about sample collections/drop off**. Our **Twitter feed** can also update you about project developments and other tidbits. We plan to include video descriptions of the various components of the study. We hope you find it useful.

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COMMUNITY EVENTS

SEPT:

7TH & 21ST - FRIDAY NIGHT SKATE, INDOOR SKATING, ROLLER-BLADING AND SKATEBOARDING, BARWON VALLEY ACTIVITY CENTRE, BELMONT 7PM-10PM, \$5 ENTRY

22ND-7TH OCT - DAILY SPRING SCHOOL HOLS CRAFT, NATIONAL WOOL MUSEUM \$4 PER CHILD (2-15 YEARS), \$7.50 FOR ADULTS, \$25 FAMILY (2 ADULTS & UP TO 4 CHILDREN.)

www.nwm.vic.gov.au

OCT:

18TH - 21ST - ROYAL GEELONG SHOW, GEELONG SHOW-GROUNDS, BREAKWATER

www.royalgeelongshow.org.au

21ST - FAMILY FUN DAY, THE POTATO SHED, DRYSDALE, FREE

25TH & 26TH - POPPY KETTLE KID'S FESTIVAL, JOHNSTONE PARK (KINDER DAY) - FREE, LITTLE MALOP ST ARTS PRECINCT (PRIMARY DAY) - \$4.50

www.gpac.org.au

NOV:

17TH - GALA DAY & FAMILY FUN DAY, GEELONG WATERFRONT, FREE

www.geelonghospitalappeal.org.au

18TH - RUN GEELONG, GEELONG CBD, PROCEEDS TO GEELONG HOSPITAL CHILDREN'S WARD

www.rungeelong.com.au

23RD-25TH - QUEENSLIFF MUSIC FESTIVAL, UNDER 13 FREE

Meet the Team!

Spotlight on ... BIS Investigator Mimi Tang:

BIS News: Tell us a bit about yourself!

Mimi: I'm Director of the Department of Allergy and Immunology at RCH, leader of Allergy and Immune Disorders Research Group at MCRI, and Associate Professor in the Department of Pediatrics, Melbourne Uni, where I also studied medicine. I did paediatrics because I liked children and found adult medicine a little saddening. I loved immunology when I was studying for my FRACP physician training so pursued it as my subspecialty (paediatric Immunology Allergy). I did a PhD in Immunology at Melb. Uni looking at Cytokine responses in allergic disease and really enjoyed investigating the immune mechanisms underlying allergic disease. I've pretty much pursued this research ever since. I enjoy the mix of clinical work, teaching (advanced trainees in allergy immunology, and undergraduate science and bio-med science students), and research which I get to do in my current roles. I feel very fortunate to enjoy my career and work so much.



BIS News: Can you tell us a bit about your allergy immunology research?

Mimi: I lead a number of clinical trials investigating novel approaches to treatment or prevention of allergic disease. I collaborate on epidemiological studies (e.g. BIS, HEALTHNUTS) that allow me to investigate immune mechanisms and link findings to clinical outcomes / risk factors. I have led trials examining probiotics or prebiotics for prevention of eczema, as well as an ongoing probiotic and oral immunotherapy trial for treatment of peanut allergy.

BIS News: What else do you get up to when you're not being a Paediatric Allergist Immunologist and Immunopathologist extraordinaire?

Mimi: I like spending time with my children - Callum, 18, Elise, 15, and James, almost 12! They're growing up so quickly I have to keep up with what they're doing or I'll miss out on the last moments of their childhood. I love the movies - any type, but especially mystery thrillers and art house (sounds a little pretentious!). I love travelling, for work or leisure! And at the moment I'm busy moving house AND planning my wedding on Nov 17th—YIKES!!



Spotlight on... Research nurse/Phlebotomist Stacey Hayes.

BIS News: Tell us a bit about yourself!

Stacey: I am a research nurse and a phlebotomist. I'm involved in doing 4 week, 6 month and 12 month appointments with the BIS babies. I get the opportunity to meet most, if not all of the BIS families. As well as working for BIS, I also work for PathCare doing blood and pathology collections. I'm originally from the UK, and moved to Australia about 13 years ago.

BIS News: Why did you join the BIS team?

Stacey: It was a great opportunity to use my phlebotomy skills. Also, I think it is a very interesting study. I love kids, so children's health is important to me.

BIS News: Tell us about your likes/hobbies/spare time when you're not the BIS's go-to girl?

Stacey: Work keeps me pretty busy, but I love to spend time with my family, friends and boyfriend. I also love to travel. I recently came back from a big trip overseas visiting the UK, America and went on safari in Africa. I even went whitewater rafting and bungee jumping!

MEET A BIS FAMILY: THE PETKOVSKI FAMILY



Ljubica and Zoran Petkovski of Tarneit are the proud parents of baby Kristian, born at the Geelong Hospital in January this year.

Since Kristian was a breech baby (bottom down, head up) Ljubica was scheduled for a caesarean section.

“That scared me,” she states, “ but other than that, from day one, my pregnancy was good. Every day there was something different. Going for your ultrasound and seeing your baby - it’s amazing! I loved when baby started moving and you could feel the kicks. It’s just special.”

While the Petkoski’s admit that it’s a challenge getting used to getting up in the middle of the night, they wouldn’t change a thing. “ Zoran and I love playing with him, he is a happy baby. We love him so much and can’t imagine life without him.”

Ljubica and Zoran decided to join BIS because there was a family history of asthma, but they found the BIS to be a helpful resource for their new role as parents. “They offer lots of help to families and being first-time parents, we found it useful. We would recommend BIS to everyone because it’s not hard, and you don’t know who you can help.”

“When Kristian was born he was such a tiny baby but now he is growing so fast! He loves his food and cuddles. We are thankful for having such a good baby - especially for our first!”



Information Box: All about placentas.

The placenta is an incredible temporary organ that allows nutrients and oxygen to be passed to your baby while they develop in the womb. It’s also responsible for removing wastes from your baby’s system. The placenta is embedded into the side of the uterus, where it is bathed in the mother’s nutrient-rich blood. It then passes along those nutrients to the baby via the umbilical cord. The placenta is also important for producing hormones to maintain pregnancy and promote the growth of the baby. They also help protect the baby from many infections and illnesses while their immune



system is under development. By examining and weighing your baby’s placenta after birth we are able to gain important information about how your baby grew while in the womb. Researchers think that there may be a link between reduced birth weight and the possible development of arteriosclerosis (a risk factor for cardiovascular disease). Understanding the placenta is key in helping us understand more about how babies grow and develop.

More BIS baby names:

Max, Taj, Josh, Harry, Sebastian, Lili-Rose, Hazel, James, Stella, Lila, Seth, Alby, Cruize, Ned, Maeve, Ellia, Pippa, Connor, Frankie, Phoebe, Lucy, Harriet, Amelie, Blaize, Edward, Isabella, Mia, Leni, Liam, Madison, Zander, Maisy, Bo, Maynard, Sienna, Van, April, Aiden, Caleb, Lucy, Jonathan, Ashlyn, Ellery, Tyler, Carrie, Harry, Indira, Heath, Kirrily, Joel, Caitlan, Olivia, Georgia, Jordan, Kaiya, Brooklyn, Jenson, Hudson, Emeline, Billy, Sam, Isaac, Amelia, Gianni, Lucinda, Ruby, Spencer, Ky, Cooper, Samson, Dajarra, Sarah, Hamish, Xavier, Evelyn, Mary, Miles, Jakeb, Charlotte, Oscar, Emma, Macey, Ransom, Zara, Willow, Madison, Jarvis, Lux, Harvey, Clancy, Birgitta, Leo, Violet, Claudia, Zahra, Mathilda, Archie, Noah, Aiden, Harlow, Bonnie, Maxwell, Eve, Eliza, Isaiha, Leah, Gabrielle, Tully, Jamie, Emmett, Elizabeth, Arabella, Maya, Maisie .

Want to start your baby on solids, but don't want to buy a whole box of rice cereal that they may not like? Why not make your own baby rice cereal? Its easier than you think!

Ingredients:

- 1/4 Cup brown rice powder *
- 1 Cup water
- A little breast milk/ formula

- *To make the rice powder, grind brown rice in a blender, food processor or coffee grinder in small batches into a fine powder.
- Bring water to a boil & add rice powder, stirring continuously with a whisk.
- Reduce heat to low, and simmer gently for about 10 min, stirring regularly.
- Remove from heat and allow to cool.

- Stir in enough breast milk/ formula to get the consistency that is best for your baby.



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

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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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.

