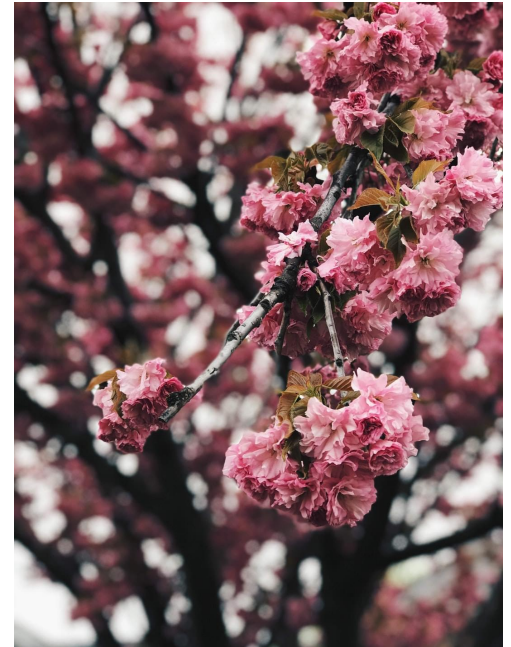


## Welcome

This month we bring you more activities to pass the time during the current COVID-19 (Coronavirus) pandemic. Our thoughts are with you all as we remain in lockdown for a second month. The coronavirus is dominating our lives at the moment and rest assured at TEBC we are working tirelessly to find solutions to keep you informed and alternative ways to continue the follow-up visits. Your safety and participation with this study is important to us so please email [Gill.Black@ed.ac.uk](mailto:Gill.Black@ed.ac.uk) with any queries you may have. Thank you for your patience.



## News

In the meantime, despite recruitment and face-to-face visits being on hold, we have continued following-up where possible. Four of our PhD students (Bethan, Sinéad, Gemma and David) are busy writing their theses and getting ready to hand them in over the summer. We wish them well and look forward to sharing their research findings with you. We also published a paper that describes a new method for analysing neonatal MRI scans that is now being used to explore the impact of stress

and infections in the womb on brain development. We will include more information about this and other research findings in our Autumn Newsletter



We hope you enjoyed last month's scavenger hunt as much as this family! Fantastic photo and thank you so much for allowing us to share it.

## Recipe No Knead Focaccia

### Ingredients

500g white flour  
500g water  
4 grams yeast  
10 grams salt  
Your choice of toppings  
(sea salt, rosemary,  
olives, cherry tomatoes,  
feta cheese etc)



### Method

The night before, mix ingredients together and let sit on the counter until the next day.

The next day...Oil a non-stick pan (or line the pan with non-stick parchment and then oil it). Pour in the dough. Oil your hands, get under the dough and stretch it to the sides gently, so you don't tear it.

Leave for approx. 2 hrs or overnight until nice and bubbly.

Heat oven to highest heat 250oC

Add toppings plus more oil. Squish toppings in with your fingers.

Put in the oven for about 25 minutes. If it gets too brown, cover it with foil. Remove and take out of pan immediately and onto a rack. Best eaten that day.

## Crafts and Activities

### No-mess cling film art

All you need is paper (paper plates work well too), paints, and clingfilm.

Put blobs of coloured paint on the paper, cover it in clingfilm then let your child create!



### Snack time: Edible jewellery

Food necklaces: Thread cereal (like Cheerio's) onto a piece of string to make a fun tasty treat



Visit [www.booktrust.org.uk](http://www.booktrust.org.uk) for free online stories and activities.

# Crafts and Activities

## Make your own Lava Lamp

### Materials:

- A clean plastic bottle (preferably one with smooth sides)
- Vegetable oil (Mineral oil or baby oil works too)
- Fizzing tablets (such as Alka Seltzer)
- Food colouring



### Instructions:

1. Fill the bottle up about 1/4th (1 quarter) with water.
2. Pour the vegetable oil in the bottle until is almost full. You may want to use a measuring cup with a spout or a funnel. You may have to wait a couple of minutes for the oil and water to separate.
3. Add a few drops of your favorite food coloring. Watch as the color sinks through the oil. Did your drops of color mix with the water immediately or float in between for a few minutes?
4. Break your fizzy tablet in half and drop part of it into the bottle. Get ready ... here come the bubbly blobs!

You can even get a flashlight, turn off the lights and drop in another half tablet. This time shine the flashlight through the lava lamp while the blobs are bubbling!



### How it works...

The oil floats on top of the water because it is less dense or lighter than water. The food coloring has the same density as the water so it sinks through the oil and mixes with the water. When you add the tablet, it sinks to the bottom then starts to dissolve. As it dissolves, it makes gas (carbon dioxide). Gas is lighter than water so it floats to the top. The air bubbles bring some colored water with them to the top. When the air comes out of the colored water blob, the water gets heavy again and sinks. It does this over and over again until the tablet is completely dissolved.

# Bring the outdoors indoors

## Plant some flowers

Plant some seeds in soil in a tub in your house or garden and watch to see how they grow. What kind of plant did you grow?

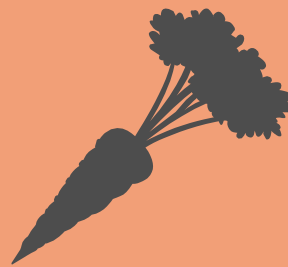


## Carrot top planter

No seeds? No problem. Use the tops of carrots instead. This project is ideal for teaching small children about plants and can create a delicate, lacy plant for your home or patio.

### Things you will need:

- Carrots
- Sharp knife
- Cutting board
- Shallow dish
- Planter
- Soil



**Tip:** Plant 6 or 8 carrot tops at the same time to create a large, leafy planter full of ferns.

## Instructions

- 1.** Cut the top from the carrot using a sharp knife, slicing about one-half inch from the leafy end. Use the rest of the carrot for a meal or snack. If your carrot top has leaves, cut them off, leaving short stubs no more than 1 inch tall.
- 2.** Fill a shallow saucer or dish with one-half inch of plain tap water and place the carrot tops in the water, cut side down. Put the dish in a sunny windowsill.
- 3.** Add water as needed in the next couple of weeks to keep the level the same. You will see green sprouts in the top of the carrot within a week, and small white roots will grow from the bottom in about the same amount of time.
- 4.** Fill a tub with soil to within 1 inch of the top. Plant the carrot tops in the soil when the roots are about 1 inch long. Dig a hole in the soil with your fingers that is large enough for the carrot top, and plant the top so that it barely sticks up from the soil. Pat the soil down around it. Keep the carrot top watered well like any other houseplant, and place it in a sunny window.

# Stay safe!



## Check the latest advice:

World Health Organisation

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

UK Government Covid-19 Action Plan

<https://www.gov.uk/government/publications/coronavirus-action-plan/coronavirus-action-plan-a-guide-to-what-you-can-expect-across-the-uk>

Scottish Government: Coronavirus in Scotland

<https://www.gov.scot/coronavirus-covid-19/>

Health Protection Scotland, HPS  
[www.hps.scot.nhs.uk/a-to-z-of-topics/covid-19/](http://www.hps.scot.nhs.uk/a-to-z-of-topics/covid-19/)

## Around the World: Mexico



Susana Distancia (a play on the words 'your healthy distance' in Spanish) is a superhero fighting COVID-19 in Mexico. Her superpower is creating a safe distance bubble to keep the virus away, and she wants everyone to know that they can have this superpower too!



## Keep in touch with the TEBC

On our website: [www.tebc.ed.ac.uk](http://www.tebc.ed.ac.uk)

On Twitter: #TheirworldEBC

On Facebook: Join our Facebook group by sending a friend request to: 'Jill Hall Ebc' or 'Victoria Tebc' or by emailing [Jill.Hall@ed.ac.uk](mailto:Jill.Hall@ed.ac.uk)

Questions? Email us:

[Victoria.Ledsham@ed.ac.uk](mailto:Victoria.Ledsham@ed.ac.uk)



**Wash your hands.**



**Avoid touching your face.**



**Use a tissue for coughs and sneezes.**

**Until next month! - The TEBC team**