

Spring 2021

## Newsletter

*Welcome,*

to the latest edition of the TEBC newsletter. In this edition we have a study update about recruitment, what you can expect to happen when you come for a follow-up visit at the moment and also hear about our plans for the visit when your child is 5 years old.

A number of our PhD students have recently completed their studies and we are pleased to share some of their research findings with you. One of those recently completed is Dr Sinéad O'Carroll who we are delighted to welcome in her new role of Research Assistant. Sinéad shares with us how her new role shapes up day-to-day as she welcomes families back for their follow-up visits!

We have a roundup of other news as well as some fun activities for your children to try out!

We hope you enjoy reading the newsletter and we will be in touch again in the autumn time.

With best wishes

The TEBC Team

## Spring Activities

Try your hand at some easy baking recipes, perform an experiment with flowers or get outside to become a naturenaut! See pages 4 and 5.



## Research

*Key findings from  
our PhD students*

Bethan Dean



[Eye-tracking for longitudinal assessment of social cognition in children born preterm](#)

Gemma Sullivan



[IL-8 is Associated With Brain Development After Preterm Birth](#)

David Stoye



[Stress during pregnancy may change brain development in babies](#)

## Study Update

### Recruitment

We have nearly reached our original target of 400 families who have agreed to take part in the study! This has taken four years, a lot of hard work and the generosity of lots of families who want to help. We are going to keep going for a bit longer and will finally stop recruiting new families later this year.

### Study Visits

Our follow up team is working hard offering both online and in person visits for our 9 month and 2 year appointments. Our online appointments are done over a video call, and it's been lovely catching up with some of our now 2 year old mini scientists, as well as meeting some new faces at their 9 month visit.

Our in person appointments are back at our child development lab in Morningside, where we take extra care to make sure that everything is properly sanitized between visits.

Check out the day in the life section to see a bit more about how things are looking these days.

### Parent Advisory Group

We have formed an advisory group of parents who all have children taking part in the study. Their experiences so far will help shape our plans for the five year visit and beyond. We will work together on plans for the next phase of the study (5 to 10 years), to help ensure that we assess things that parents tell us are important to them and that study visits are enjoyable and fun for your children.

### 5 Year Visits

Our team has been working hard to prepare for the five-year visits, which will begin in August. Where has the time gone! We've reached out to some parents in the cohort to get their input and feedback, but welcome more ideas.

The five-year visit will look similar to prior visits in some ways - your child will complete eye tracking games and "following instructions" games for us to measure their attention and social development. There will also be some new games that involve listening to and answering questions about stories, which five-year-old children tend to enjoy.

We are also working to add in a visit to the MRI scanner at this time point, which would provide really useful information about how the brain is supporting your child's development.



These data would also give us a better understanding of the dramatic developmental changes in the brain that occur between infancy and age five. We are very much looking forward to conducting the five-year visits and sharing what we learn with you all!

## Staff News

We welcome Sinéad O'Carroll to her new role as Research Assistant. Sinéad will be in touch when you are due a follow-up visit. Take a look at 'A Day in the Life' to see what Sinéad gets up to!

We also welcome Research Midwife, Amy Corrigan. Amy joined us in April and is looking forward to recruiting new families to the study as well as attending follow-up visits.

## Day in the Life

Hello! My name is Sinéad and I am the new Research Assistant on the TEBC. I've been around for the past few years finishing my PhD, so we may have already met at one of the appointments. If not you will probably be getting a call from me soon inviting you back for a follow up visit!

Here is a quick glance into what a day in my life can look like!

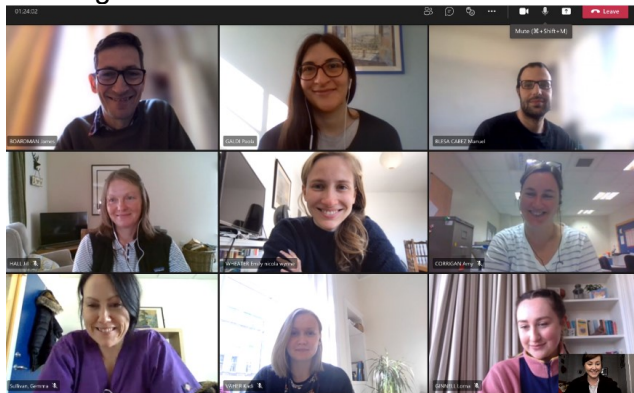
A big part of my role is inviting people back for their follow up visits. I spend a lot of time on the phone and looking at calendars!

Some of our appointments are online now, which means some days I work from home and chat with our families over the computer.



Our in person appointments look very similar to what they did before, we just make sure to have lots of extra masks and sanitizer.

Since there's a big team of us who work on the TEBC we make sure to stay in touch with weekly lab meetings and the occasional outdoor coffee!



## News

### PhD Students

Congratulations to Bethan Dean, Sinéad O'Carroll, David Stoye and Gemma Sullivan who have all recently completed their PhDs! You can read some of the findings from their work in this edition.

Visiting PhD student Yu Wei Chua has started seeing families at their 9-month appointments again since February and March this year and will soon be finishing collecting movement sensor data during parent-child interaction. This is the first time movement sensors have been used in a large study and will tell us if there are interesting micro-patterns in movement that we cannot see but might affect children's development.

### PAS 2021 Conference

Our team will showcase our recent research at the upcoming Pediatric Academic Societies 2021 Meeting (April 30 – May 4), that this year will be a virtual event. With a total of five poster presentations and one talk, we will discuss our results on the analysis of brain scans, blood and saliva samples and data from follow-up appointments.

### Parent Engagement

Alongside her work with the TEBC, PhD student Lorna Ginnell has been carrying out some engagement work with families from around the UK. You can read about their thoughts around research, sharing information about prematurity with parents, and support for families and children as they grow up in this short [report](#).

# Spring Activities

## Spring Salt Dough

### Ingredients:

- 4 cups plain flour
- 1 cup salt
- 1.5 cups warm water

### Method:

Combine all ingredients.  
Knead for 10 mins.  
Roll out the dough to between 1/4 to 1/2 inch thickness.  
If the dough is too thick it will take too long to dry.



If you have time, let the ornaments air dry for a day. This will cut down on the baking time required and help to prevent puffing. If you do not have time, you can bake right away instead.

Bake at 120 degrees C for 1-2 hours. Once the top of the ornaments look dry and solid, flip over and bake on the other side.

## Some Spring Recipes

### Rocky Road

[https://www.bbc.co.uk/food/recipes/easter\\_rocky\\_road\\_82814](https://www.bbc.co.uk/food/recipes/easter_rocky_road_82814)

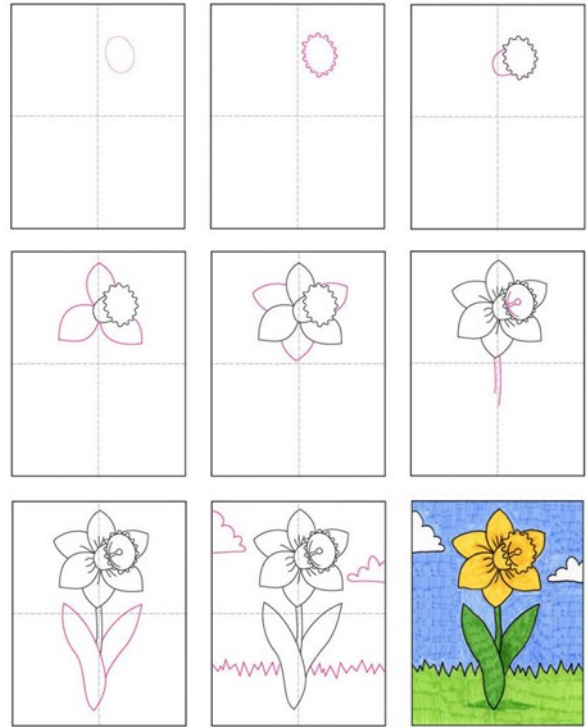
### Sweet Shop Chocolate Slab

<https://www.bbcgoodfood.com/recipes/sweet-shop-bark>

### Bunny Tail Treats

<https://pizzazzerie.com/holidays/recipe-bunny-tail-treats/>

## How to Draw a Daffodil



## Outdoor Activity

Meet Dippy and  
become a naturenaut!

Play the game >



[https://www.nhm.ac.uk/take-part/naturenauts.html?gclid=EAlaIqobChMI7KOu\\_NPX7wIVeEztCh2YxwLqEAAAYAAEgKfrvD\\_BwE](https://www.nhm.ac.uk/take-part/naturenauts.html?gclid=EAlaIqobChMI7KOu_NPX7wIVeEztCh2YxwLqEAAAYAAEgKfrvD_BwE)



### Colourful Flower Experiment

1. Take a glass and fill it with cold water.
2. Add a few drops of food colouring
3. Put flowers into the glass-make sure to chop off a bit of the ends first. We have used daffodils but any kind of flowers will do.
4. In a couple of days the flowers will start to take on the colour of the water!



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