

The Impact of Early Life Experiences on Prenatal and Postpartum Health

August 2023

Newsletter



Study Roadmap

**NEW!
ADDITIONAL
TIME POINT
ADDED!**



1st Timepoint
3rd Trimester

2nd Timepoint
2 Weeks Postpartum

3rd Timepoint
6 Months Postpartum

4th Timepoint
15 Months Postpartum

In this issue...

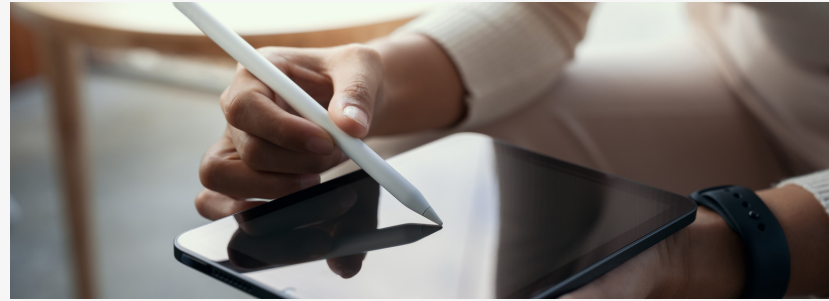


- Study progress as of August 2023
- Pregnancy, Postpartum, and Mental Health Resources

Study Progress

1st Timepoint: 3rd Trimester

- 90** sessions completed
- 86** hair samples collected
- 90** saliva samples collected



2nd Timepoint: 2 Weeks Postpartum

76 sessions completed

71 maternal hair samples collected

11 infant hair samples collected

76 maternal telomere samples collected

72 infant telomere samples collected

Telomeres: Protective caps at the end of chromosomes which play an important role in cellular aging



3rd Timepoint: 6 Months Postpartum

- 35** sessions completed
- 23** maternal hair samples collected
- 6** infant hair samples collected
- 34** maternal saliva samples collected
- 31** infant saliva samples collected
- 35** parent-infant interaction observations



Study Progress

Who?

Male infants: **39**

Average birth weight: **7.83 lbs**

Female infants: **37**

Average birth weight: **7.44 lbs**



And baby makes....

1st Child: **45** (59%)

2nd Child: **22** (29%)

3rd Child: **8** (11%)

4th Child+: **1** (1%)



Where?



Home: **3** (5%)

Hospital: **58** (93%)

Birth Centre: **1** (2%)

When?

Average gestational age at birth: **39W 5D**



37W: **6** (8%)

38W: **11** (14%)

39W: **27** (36%)

40W: **21** (28%)

41W: **11** (14%)

Resources

The North Grove

"...a dynamic community hub that offers programs, services and space for people to learn and connect through family support, food and friendship"

Family SOS

"...a local, non-profit, child-centered organization directed toward building strong and healthy families"

Parenting Support

Postpartum Support International

"...to promote awareness, prevention and treatment of mental health issues related to childbearing in every country worldwide"

Prenatal Programs

Bayers Westwood Family Resource Centre



Postpartum Resources

Chebucto Family Centre

THANK YOU

for your continued participation!



Scan or click the QR code to see current participation opportunities!

Study Email: devpsychbio.lab@gmail.com

DPRC Research Website: <https://dpresearchcentre.com/> **DPRC Instagram:** DPRC_MSUV

DPRC Facebook: Developmental Psychobiology Research Centre - DPRC

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