






### Welcome to the P3 Cohort Winter 2024 Newsletter!

Happy New Year! We are pleased to release the third instalment of the P3 Cohort newsletter! In this edition, you can keep up with some study updates, discover some family-friendly activities to do in Calgary this winter, and learn about how to keep your baby warm and safe this winter. We appreciate your continued support and participation- without your contributions this study would not be possible!

#### Recruitment Update

As of January 16th, 2024...

-  **1890 participants** have enrolled
-  **520 partners** have enrolled
-  **1450 babies** have been born






Ask your friends to join us at [www.p3cohort.ca](http://www.p3cohort.ca)

#### Fun Facts about the P3 Cohort

Did you know...

- Other than English, the **most common languages** spoken at home by P3 Cohort Participants are **French, Spanish, and Cantonese**.
- The **most common sleep position** for infants is on their backs, with **66.6%** of P3 babies sleeping in this position!
- The **average time spent asleep** at night by a P3 baby is **10.3 hours** with a range of **5 to 14 hours**.

#### Winter Safety Tips for Babies

-  Dress your baby in **layers** that can be **removed easily**
-  Keep your baby's **ears covered** to **prevent frostbite**
-  **Take off winter coats** before buckling your baby into your **car**
-  If your baby is **in a sled**, make sure they are **extra bundled up**
-  Take **regular breaks inside** to warm up

For more information [click here](#)

#### Participant Facebook Groups

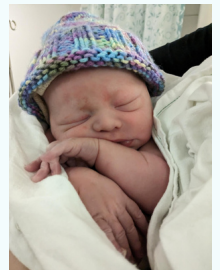
We've heard your feedback about the challenges of parenting and the sense of isolation many of you experience. Exciting news! We're launching **P3 Facebook groups** just for you. This is your chance to **connect, share, and grow** with other parents who have children of similar ages. Whether it's swapping tips, arranging playdates, or just having a friendly chat, these groups are here to make sure no parent feels alone. **Watch your inbox** for your group invite soon!

#### Family Friendly Winter Activities in Calgary

- [Early Learning Centres](#) are vibrant and interactive play spaces at 12 different libraries around the city (and they're free!)
- Try out skating at one of Calgary's **many outdoor rinks**. At Bowness Park, you can even bring your stroller onto the ice!
- Are you missing summer? Go visit one of Calgary's many **recreation centres** and enjoy some time in the pool.
- Explore an **indoor Farmer's Market** and grab a snack!

#### Meet a P3 Cohort Baby!

Back in October, one of our P3 families gave us permission to share this sweet photo of their little one! If you would like your baby featured on our social media, please contact us!



#### We have a Sibling Cohort Study!

We want to know if you are **pregnant again** or if you have **delivered another baby** after your P3 Cohort baby!

Receive a **\$10 gift card** each time you fill out a questionnaire related to your next pregnancy / child.

**Contact us** to find out more about the Sibling Cohort study through social media or our e-mail ([p3cohort@ucalgary.ca](mailto:p3cohort@ucalgary.ca))

#### Stay Connected!

Please remember to keep us updated on your contact information and feel free to e-mail us at any time with any questions you may have at [p3cohort@ucalgary.ca](mailto:p3cohort@ucalgary.ca). Also, check out our social media pages for study updates and other fun pregnancy and parenting related posts!

