



Welcome to the P3 Cohort Summer 2024 Newsletter!

It is officially summer which means that we are pleased to release our newsletter! In this edition, you can keep up with some study updates, discover some family-friendly activities to do in Calgary this summer, and learn about how to keep your baby safe in the summer heat. We appreciate your continued support and participation- without your contributions this study would not be possible!

Recruitment Update

As of June 28th, 2024...

- 2263 participants** have enrolled
- 635 partners** have enrolled
- 1863 babies** have been born

Ask your friends to join us at www.p3cohort.ca

Family Friendly Summer Activities in Calgary

- Beat the heat and check out one of [Calgary's many splash parks!](#)
- Take a stroll on a [stroller-friendly trail](#) in the city!
- Go visit one of these [unique Calgary playgrounds!](#)

For a comprehensive list of family-friendly activities in Calgary, [click here!](#)

Community Spotlight: Carya's Family Programs

Discover Carya's **free family programs!** These programs, which include Infant Massage, Parent-Child Mother Goose, and Circle of Security parenting courses, focus on **fostering connections and attachment** between parents and children. Visit [Carya's website](#) to learn more and get involved.

Meet a P3 Cohort Baby!

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



Summer Safety Tips for Babies

- Keep your baby under one year **out of direct sunlight**
- Keep your baby in the **shade, under a tree or umbrella**
- Do not** leave your baby in a **parked vehicle**
- Give your baby lots of **cool liquids**
- Check with your **healthcare provider before using sunscreen** on your baby under 6 months

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)

Participant Facebook Groups

Have you heard of our **P3 Facebook groups?** These groups offer a supportive space for parents to **connect, share tips, and find solidarity** in the journey of parenthood. Whether you are looking to exchange parenting advice, arrange playdates, or simply chat with fellow parents, our Facebook groups are here for you. If you have not already joined a group and would like to be part of this growing community, please email us at 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. Also, check out our social media pages for study updates and other fun pregnancy and parenting related posts!

