





### Welcome to the P3 Cohort Winter 2025 Newsletter!

Happy January! We are pleased to release the fifth instalment of the P3 Cohort newsletter! In this edition, you can keep up with some study updates, discover some family-friendly winter walks near Calgary, and learn about some other exciting projects we have going on. We appreciate your continued support and participation- without your contributions this study would not be possible!

#### Recruitment Update

As of January 21st, 2025...

-  **2686 participants** have enrolled.
-  **773 partners** have enrolled.

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

#### Study Milestone!

In November, we launched our Year 3 Questionnaire!

#### Fun Facts about the P3 Cohort

Did you know...

- **Blue** is the **most popular favourite colour** among P3 toddlers.
- On average, P3 babies were **first introduced to solid foods** at **5.7 months**.
- The **most common pets** in P3 families are **dogs**.

#### P3 Parent Advisory Committee

Our Parent Advisory Committee (PAC) includes 19 participants and 2 partners who **help shape our study** by pilot-testing questionnaires and sharing insights **to improve surveys and participant engagement**. For example, the PAC suggested adding twice-yearly \$75 gift card draws for annual questionnaires!

#### Meet a P3 Cohort Toddler!

The P3 Cohort babies are growing up! 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 or toddler featured on our social media, please contact us!



#### Preliminary Findings

- **7.3%** of births in the cohort have been **preterm**.
- The **most common delivery location** for all participants is **Foothills Medical Centre**.
- **10.9%** of babies have been **admitted to the Neonatal Intensive Care Unit (NICU)** with the **average NICU stay** being **8.1 days**.

#### 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))

#### Family Friendly Winter Walks near Calgary

-  [Nose Hill Park](#)
-  [Fish Creek Provincial Park](#)
-  [Griffith Woods Park](#)
-  [Ann and Sandy Cross Conservation Area](#)
-  [Glenbow Ranch Provincial Park](#)

Find even more ideas [here!](#)

Click on the names for directions!

#### 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!

