

# The Early Life Factors Study NEWSLETTER

Issue 5



## Updates on the Early Life Factors Study...

Welcome to the fifth issue of the ELF Study Newsletter!

Last month we successfully invited 250 newly and experienced pregnant women and mothers into our study ... Welcome!

Since September 2008, we now have over 1,000 women that have enrolled for the study. Currently, the majority of our participants reside in Wellington. However, this may change as we begin actively recruiting more pregnant women and mums in the wider Auckland region, starting October 2010.

Also, we are starting on the first phase of our data analyses from the pregnancy questionnaire. It is hoped that a summary brochure will be available sometime in 2011 for all our participants. That said, if you have not completed the pregnancy questionnaire (by post or online), then please fill it in and submit it. The more data we have, the better our analyses!!

## Some reminders ...

Please go online and complete, or request a questionnaire (if it hasn't already been sent to you) if your child is at:

- **Phase II: 3 months Questionnaire**

If your child is '3 months' old, complete the 3 months questionnaire online at the ELF Study website. If you want to fill out this questionnaire by post, contact us with your current address and we'll send it out to you. You will need to have your *WellChild Tamariki Ora Health Book* to answer some of the questions for this questionnaire.

- **Phase III: 15 months Questionnaire**

If your child has reached 15 months old, complete this questionnaire online or by post. If you would like to fill out the questionnaire as a hard-copy, contact us with your current address and we'll send it out to you.

## Staying in touch!

It's important that we have your current contact details, so you can continue participating in our study. Please email us if your contact details have changed.

## Focus Group - Wellington

We are still looking for 'interested' participants (in the Wellington area only) to join a Focus group, providing us with feedback to refine our study and questionnaires. This won't start until later in the year, but if you are interested, please register your interest by emailing your physical address and/or email. Thank you to those people who have already submitted their interest.

## Phase IV: 2 years Questionnaire

This questionnaire is currently being developed and will be available initially by post. Watch this space!

## Contact us:

Email:

[elf@massey.ac.nz](mailto:elf@massey.ac.nz)

ELF Study Website:

[www.elfs.org.nz](http://www.elfs.org.nz)

Free Phone:

0800 2 INFANT (463 268)