



Before 20 weeks

Hear about Life Study from your local midwife and receive this leaflet.

You might also see posters at your local community centres or hear one of our team talking about the study with local people.

Dads and partners, you are invited to get involved too.

Think about it...

The first study like Life Study started in 1946. Those babies are now grown up. By having this unique information on people from birth to old age we have learnt about which times in life matter for living a long and healthy life. For example, babies who are heavier at birth have more muscles in their 60s!



At the 20 week scan

At your scan appointment, our Life Study midwife will give you some more information and ask you if you would like to take part in the study.

You will be able to ask questions and discuss anything you need to know or are unsure about.

You don't have to decide straightaway. You can think about it and contact us later.

Think about it...

Life Study is one of the only studies of its kind to start in pregnancy so it's an exciting new opportunity to look at how babies develop and grow into healthy and happy children and adults



After 20 weeks

Your first Life Study appointment at your local study centre:

King George Hospital

It should be about two hours long.

With your permission, we will ask you some questions, take some measurements and collect some small samples of your blood and urine.

We would like to see dads or partners at the pregnancy visit and you can come along together.

Think about it...

From the small amount of blood or urine you give us we can get an amazing window on what is happening inside our bodies – from assessing nutrients in our diet in the urine, looking at vitamin levels in the blood and seeing how the body is making antibodies to fight infection.



Birth

With your permission, we will collect some samples from you and your baby at birth.

Some samples would normally be thrown away after birth, such as placenta (afterbirth). We will not take any blood from your baby.

The samples include:

- placenta, umbilical cord and cord blood
- blood leftover from routine blood tests
- vaginal swab
- stool (poo)
- urine
- saliva
- throat swab

Think about it...

The placenta is a good record of your baby's environment in the womb. We can look at placenta and urine to understand what contact you and your baby have with different chemicals in the environment. The different microbes (bugs like bacteria and viruses) in poo can help us understand more about the chance of getting allergies or asthma when the child is older. The vaginal swab will help us to understand how babies pick up helpful germs and fight infections.



Baby 6 months

Your second Life Study appointment at your local centre:

King George Hospital

It should be about two hours long.

With your permission, we will ask you some questions, take some measurements and collect some samples from your baby: urine, saliva and stool (poo).

We would also like to watch or record your baby doing some tasks and games together with you.

Think about it...

Families come from all different backgrounds, communities and cultures and we want Life Study to include them so we understand about the lives and experiences of all children. For example we know Asian babies are lighter at birth and that mums from Asian backgrounds may be more prone to diabetes in pregnancy. We need to understand how this might affect the baby not just at birth but also later on in life.



Baby 12 months

Your third Life Study appointment at your local centre:

King George Hospital

It should be about two hours long.

With your permission, we will ask you some questions, take some measurements and collect some samples from both you and your baby.

You: blood and urine
Baby: urine, saliva, stool (poo)

We would also like to watch or record your baby doing some tasks and games together with you.

Think about it...

One in five babies born now will live to be over 100 years old. Babies born now will be born into a world full of technologies that didn't exist when we were born. As they grow up, Life Study babies will be able to tell us how much different their lives are to those of their parents and help us learn from a new generation.