

Spring 2022



Newsletter

Welcome,

to the latest edition of our newsletter. In this edition we're keeping you up to date on what's happening with follow-up visits and the 5 year brain scans.

In staff news, we said goodbye to Sinead who left to have her baby. We are also delighted to welcome new team members, Yu Wei and Selina, to the TEBC team.

Research this time includes findings related to gene expression and brain development, social gaze patterns in infancy and 'stress' hormones in early infant life. We have a roundup of other news as well as some fun spring activities!

As always, huge thanks to everyone who helps us with our research, without your time and commitment none of it would be possible.

Warm wishes, The TEBC Team.



Spring Activities

Learn how to make a fairy door, enjoy a sing-a-long or rustle up some easy bake recipes.

Research

Recent study findings



Emily Wheater recently published findings from her PhD thesis about gene expression and brain development. [Click here to read more.](#)



We collaborated with Rachael Davis to publish research about social gaze patterns in infancy. [Click here to read more.](#)



David Stoye published two papers about 'stress' hormones and early infant life. Click [here](#) and [here](#) to read more.

Study Update

Study Visits

Our follow-up team is continuing to work hard offering in person visits (or online) for 9 months, 2 year and 5 year appointments. We are delighted to share with you that the first 5 year olds have successfully completed their visit to the brain scanner! The scan will provide really useful information about how the brain is supporting children's development around a time when they are rapidly gaining new skills. For example, the brain scan can help us understand why children respond differently to standard tasks we conduct in the laboratory, or relate to how they are doing at home or in school.



These data will also give us a better understanding of the dramatic developmental changes in the brain that occur between infancy and age 5 years. We are looking forward to sharing what we learn with you all!

Beyond 5 Years

After the 5 year visits we will contact you next when your child is 7 years old. Until then, we'll keep in touch through our newsletters and Facebook Group. Our website also has lots of useful information about the study, including what to expect at the visits, news and research publications (click [here](#) for the website). You can also contact us at any time (contact details are at the end of the newsletter).

News

PhD Students



Congratulations to Lorna Ginnell who recently completed her PhD! Lorna's research was about how attention skills develop in babies born early, and things that might influence this development including stress and brain structure. She found that at 9 months of age, TEBC babies who were born preterm had similar attention abilities to our term born babies! Lorna has since taken up a job with the University of Liverpool, studying brain development in children growing up in low resource settings including Malawi and South Africa.

We wish a warm welcome to new PhD student, Selina Abel! Selina will be assisting mainly with the 5 year visits. Selina introduces herself in 'Who's Who'.

Meetings and Conferences

Our colleagues, James Boardman, Hilary Richardson and Heather Whalley, spoke at 'Beautiful Brain', a public event held in Edinburgh in March. They shared the latest insights into brain development across infancy, childhood and adolescence. There was also the chance to see an amazing 3D model of a preterm baby brain!

Rory Teed won a prize (best presentation by a medical student) at the Neonatal Society spring meeting and Dr Gemma Sullivan also won a prize (for best presentation by a new consultant) at the same meeting. Congratulations to both Gemma and Rory.

Staff News

In February, we said goodbye to our Research Assistant, Sinéad O'Carroll who left to have her baby. Not long afterwards, baby Otto arrived and Mum and baby are both doing well! Congratulations to Sinéad and we wish them well for their next adventure!

We have recently welcomed our new Research Assistant, Yu Wei Chua. Yu Wei completed part of her PhD with us and will already be a familiar face to some of you from your visits to our child lab in Morningside. Yu Wei introduces herself in 'Who's Who' including a talent for the sport of Ultimate Frisbee!

Meetings and Conferences continued

Several members of the team will be heading to the Paediatric Academic Societies meeting to be held in Denver, USA in April. It is an important international meeting for paediatric research and the team will be sharing research findings from the TEBC baby brain scans with fellow clinicians and researchers.

Ways to Change the World – with Sarah Brown

Sarah Brown (Chair of Theirworld) was a guest with Krishnan Guru-Murthy on the podcast 'Ways to Change the World'. In a wide ranging discussion Sarah also talks about the motivation behind, and setup of the Jennifer Brown Research Laboratory and Theirworld Edinburgh Birth Cohort (about 10 minutes into it). You can access the podcast from [here](#).

Who's Who



SELINA ABEL

Hi, I am Selina! I have recently started my PhD at the University of Edinburgh and joined the TEBC team. For the most part you will see me at the five-year MRI scans and the five-year follow up appointments. I am really curious about how children's brain function develops along with their social skills, and I hope to be able to learn more about this in the next three years. I moved to Scotland in January, after previously living in England, Austria, Australia and Germany (where I am from). As I am new to Edinburgh, I look forward to exploring the city some more. So if you see me at an appointment, let me know if you have any favourite places I should visit!



YU WEI

I am a research psychologist interested in infant development and am completing my PhD at the University of Strathclyde. I worked with the TEBC during my PhD to look at the link between babies' movement and social-emotional development, as well as the impact of premature birth. For example, I analysed video data to understand whether premature birth affect how 9-month-old babies respond to emotional distress. Using Fitbit-like sensors to measure movement at a high resolution, I also explored if there are motor differences in infancy that, in future, might help detect developmental risk related to preterm birth. I'm very excited about getting involved in the follow-up appointments in childhood, especially in the 5-year part of the study as the children in the TEBC are now getting older! I am also interested in how research and knowledge can be applied to create effective support for people, and have previously worked with a Glasgow-based charity to start a young peoples' wellbeing service to support young people facing emotional difficulties. Outside of work, I spend most of my free time training and competing at Ultimate Frisbee tournaments with the university and the Scottish women's team. Having grown up in urban Singapore, I also love exploring the outdoors in Scotland.

Keeping in Touch

We usually publish a couple of newsletters each year and try to include a mix of news and research that we think will be of interest. We are always keen that our work reflects the priorities of our participants so if there are other things you would like to see in the newsletter then please do let us know! Contact details are at the end of the newsletter.

Spring Activities

Make a Fairy Door

Learn how to make a simple fairy door out of lolly sticks! Click [here](#). Add to a bedroom skirting board or a tree, wall or fence in the garden and the fairies can come and go as they please.



Some Recipes

Crispy Chocolate Fridge Cake [Click here](#).

Campfire Cupcakes [Click here](#).



Marshmallows Dipped in Chocolate
[Click here](#).

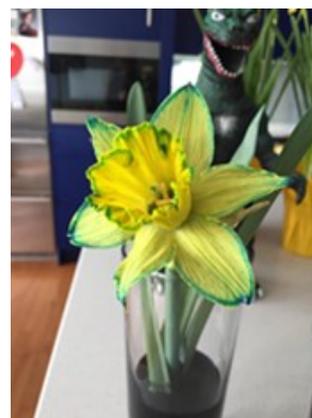
Sing-a-Long



Enjoy singing along to all your favourite nursery rhymes. From The Wheels on the Bus to Wind the Bobbin' Up there's something for everyone! [Click here](#).

Colourful Flower Experiment

1. Take a glass and fill it with cold water.



2. Add a few drops of food colouring

3. Put flowers into the glass- make sure to chop off a bit of the ends first. We have used daffodils but any kind of flowers will do.

4. In a couple of days the flowers will start to take on the colour of the water!

Contact Details

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