

What's New With APrON?

Complete your surveys online! Starting October 1st, 2013 everyone will be given the option to complete their APrON surveys online. Watch your email for an invitation to sign up for this new and exciting opportunity.

Changes to the APrON Leaflet - Thanks to the feedback we received from members of our Participant Advisory Committee, we are making some changes to the *APrON Leaflet*. From now on you can expect to receive a shorter newsletter with regular feature articles every three months. We hope you like what you see!

What Are We Hearing From You?

Some of you are wondering about the three year developmental assessments. Over the next five years, we will be conducting developmental assessments on as many APrON children as we can. We will be assessing some children at age 2 and others at ages 3 and 5. We will not be able to assess all APrON children at each of these ages. However, our hope is to eventually assess *all APrON children* at some point in early childhood. For a full report on APrON's plan for the future, please revisit pages 2 and 3 of our Winter 2013 Leaflet posted on our website at www.apronstudy.ca.



The Lunch Box Blues Contest



Do you have the lunch box blues? Looking for some new lunch ideas for the back to school season? Get connected with your fellow "APrONers" and **share your creative lunch ideas with each other on our Facebook and Twitter accounts**. For every new lunch idea you post, your name will automatically be entered to win a draw prize. Whether it's a favourite recipe or a new strategy, we encourage you to tell us about it! All ideas must be posted by **November 15th, 2013** to qualify for the draw. Find us on Facebook by searching "Alberta pregnancy". To follow us on Twitter, search "@APrON research".

Looking for new recipes? Visit the Healthy U website at www.healthyalberta.com.

Send Us Your Feedback!

If you have any comments or questions about the *APrON Leaflet*, we want to hear them! We would also like to hear your ideas for future newsletters. For anything "Leaflet-related", please contact Anne Gilbert at agilbert@ualberta.ca. We truly value your feedback!

Get to Know the APrON Family

Team Members Help With Flood Relief

On July 5th, four APrON team members spent an afternoon in High River to help with flood relief. Gerry Giesbrecht, an APrON Co-Investigator, led a team of three summer students, including Umair Sajid, Vanessa Giesbrecht and Aileen Naef in an effort to clear out a local retirement home. They spent the day removing waterlogged furniture and resident's belongings from a thick layer of mud. With the help of many others, the team of four successfully helped to empty the entire building! A lot of work remains but the time and efforts put forth by these four individuals has brought High River one step closer to rebuilding their community. Great job team! Please visit our Facebook page for more information <https://www.facebook.com/APrONstudy>



Keep In Touch - Help Keep Our Files Up to Date

Our thoughts and best wishes to all APrON families that were affected by the floods in June. Staying in touch with our participants is a key part of our work. When we lose touch with people we lose some of our ability to answer important health questions. If you have been displaced by the flood, have moved, changed your phone number or have a new email address, please take a moment to let us know of these changes. Keep in mind that we can send you surveys and keep you up-to-date with the APrON Leaflet no matter where you live, even if you are outside of Alberta or Canada.

Please note: For administration reasons, all surveys are now being followed through our Calgary office. Please contact us if you have any questions.

APrON Contact Information

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