

Supplementary Participant Information Sheet: PEA POD

Children Growing Up in Liverpool Longitudinal Birth Cohort

This is a supplementary information sheet to provide more information about your baby taking part in a PEA POD assessment as part of the Children Growing Up in Liverpool (C-GULL) Study. Before you decide whether to take part it is important for you to understand why the procedure is being performed and what it will involve. Please take the time to read the following information carefully and discuss it with others if you wish. A member of our research team will be happy to go through the study information with you and answer any questions you may have.

Thank you for reading this.

What are we doing?

In the C-GULL study, we're excited to introduce a ground-breaking assessment for newborns: the PEA POD. This state-of-the-art tool is used specifically during the baby's first week and is not commonly found in regular check-ups. With the PEA POD, we can delve into the balance of your baby's muscle and fat, offering us a unique glimpse into their early health markers. This pioneering method allows us to gather invaluable data for our study. While this information doesn't go back to families and won't affect immediate health decisions, it plays a crucial role in advancing our understanding of early childhood health.

What is Fat-Free Mass and why is it important?

Fat-free mass (FFM) is a way of talking about all the parts of your baby's body that aren't fat, like their muscles, bones, water, organs, and tissues. Imagine it as the 'healthy weight' of your baby, representing the strength of their muscles and the health of their bones and organs.

Knowing about FFM can help us understand how well your baby is growing and developing. While every baby has some fat – and it's entirely normal and healthy – it's also crucial to ensure they have a good amount of muscle and other fat-free tissues. This balance plays a role in your baby's overall health, growth patterns, and can even give clues about their health in the future. By studying FFM, we're aiming to get a complete picture of your baby's well-being.

Why are we doing it?

Through the PEA POD assessment in the C-GULL study, we're keen to learn more about your baby's FFM. By looking at FFM, we can better understand your baby's growth and development right now. When linked to future health data for your child this will help us understand how FFM relates to health and / or diseases particularly regarding things like heart health. It's a way for us to ensure we're taking the best approach to understanding early childhood health in the long run.

Why has this been offered to you / your baby?

The PEA POD assessment is a unique feature of the C-GULL Study. While it's centred around understanding pregnancy and early childhood, it's not just a routine check-up. Instead, it's a special test within the C-GULL Study that you can decide to take part in. By participating, you and your baby get to experience this gentle method, helping us gather vital insights into the early stages of a child's health.

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What does it involve?



- **Arrival and Questions.** Upon your arrival at the research centre at Liverpool Women's Hospital, you'll have the opportunity to ask any questions to ensure you feel fully informed and comfortable.
 - **Settling your baby.** We will ask you to undress your baby, ensuring they are calm and settled before we proceed.
 - **Measuring your baby.** We will then measure the length and weight of your baby.
 - **Placing your baby in the PEA POD.** With the guidance and assistance of a trained Research Midwife, you will be directed to place your baby inside the PEA POD. This special space is warmed and designed to be a snug and comfortable spot tailored just for little ones.
 - **Measuring FFM.** Once your baby is settled, we will take silent measurements for a few brief minutes. This ensures that your baby remains undisturbed and relaxed throughout the process. You will be able to see your baby at all times through the window in the PEA POD. We will take the measurements twice to make sure the data we have is accurate.
- **Wrapping Up.** After the measurements have been taken, you will be able to lift your baby out of the PEA POD and dress them.
 - **Post-assessment Questions.** Before you leave, we will provide another opportunity for you to ask any follow-up questions or share any concerns. Your understanding and peace of mind are important to us.

We would like to perform the PEA POD assessment shortly after the birth of your baby (within a couple of days). If it's easier for you, we can even do the assessment before you leave the hospital.

Will it hurt / are there any risks?

No, the process is completely safe and free from discomfort for your baby. In fact, the PEA POD is so snug and cosy that many babies find it so comfortable they drift off to sleep almost immediately. We prioritise your baby's comfort throughout the experience.

Where can I find further information?

If you have questions or want to know more about the PEA POD and the measurements taken as part of the study, please talk to the C-GULL Research team at Liverpool Women's Hospital. Please contact us on cgullstudy@liverpool.ac.uk or 0151 795 6700. You can also visit our website cgullstudy.com. We're here to help and make sure you and your baby have the best experience.

Thank you for taking the time to read and consider this information sheet.