P3 COHORT NEWSLETTER

SUMMER 2025

Welcome to the P3 Cohort Summer 2025 Newsletter!

Happy July! In this edition of our newsletter, you can keep up with some study updates, discover some family-friendly summer activities in Calgary, and learn about some of the exciting projects we have going on. We appreciate your continued support and participation - without your contributions this study would not be possible!

Recruitment Update

As of July 16, 2025...

- **2999 participants** have enrolled.
- **872 partners** have enrolled.
- **248 sibling cohort** participants have enrolled.

Ask your friends to join us at www.p3cohort.ca

Fun Facts

Did you know...

- The **most common** way P3 babies fall asleep is **while feeding**, followed by **alone in bed**.
- **72.9%** of 5-6 month old P3 babies wake up **1-3 times a night.**
- Almost ¼ of P3 participants speak **a language other than English** at home!

Family-Friendly Summer Activities in Calgary

- Enjoy the weather in one of Calgary's many parks!
- Visit a night market to enjoy Calgary's long summer nights!
- Rainy day? Check out one of the library's Early Learning Centre!

For a comprehensive list of family-friendly activities in Calgary, click here!

P3 Study Highlights

A **recent paper** by our team using P3 Cohort data looked at how **relationship factors impacted antenatal depression** (during pregnancy) during the **COVID-19 pandemic**.

We found that **stress and anxiety** from pandemic related factors had an even greater impact on antenatal depression than relationship factors. Read more here!

Find more P3 related papers on our website!

Meet a P3 Cohort Baby!

One of our P3 families gave us permission to share this adorable photo of their little one!

If you would like your baby featured on our social media, please contact us!

We have a Sibling Cohort Study!

We want to know if you are **pregnant again** or if you have **delivered another baby** after your P3 Cohort baby!

Receive a **$10 gift card** each time you fill out a questionnaire related to your next pregnancy / child.

Contact us to find out more about the Sibling Cohort study through social media or our e-mail (p3cohort@ucalgary.ca)

Cultivating Resilience & Flourishing Workbook

The All Our Families study's free workbook explores how routines, resources, and relationships can support well-being. With practical strategies for self-care and resilience, it's a valuable guide for navigating life's challenges.

Download your copy here.

Stay Connected!

Please remember to keep us updated on your contact information and feel free to e-mail us at any time with any questions you may have at p3cohort@ucalgary.ca. Also, check out our social media pages for study updates and other fun pregnancy and parenting related posts!

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