



Welcome to the P3 Cohort Winter 2026 Newsletter!

In this edition, you can keep up with some study updates, discover some fun winter activities to do with your little ones, and learn about some other exciting projects we have going on. We appreciate your continued support and participation- without your contributions this study would not be possible!

Recruitment is Complete!

After over 4 years of recruitment...

-  **Over 3080 participants** have enrolled.
 -  **Over 900 partners** have enrolled.
- A huge thank you to all the families who joined!

Study Milestone

In November, we launched our Year 4 Questionnaire!

Fun Facts about the P3 Cohort

Did you know...

- The **most common age** for P3 toddlers to be **toilet trained** is between **30-36 months**.
- **80%** of P3 Cohort families **read to their 3-year-olds every day**.
- The **most common types of digital media** P3 children engage with are **TV and video calls**.

SLEEP Study

The **Sleep Health Equity Engagement Project (SHEEP)** is now recruiting!

SHEEP is looking for people who are part of, or work with, **communities that are often underrepresented in research** to **share their perspectives on sleep health**. Participants will help guide future research priorities and can enter a draw to win a \$25 gift card or a sleep health book.

Contact sleep.engage@ubc.ca to find out more!



Meet a P3 Cohort Baby

One of our P3 families gave us permission to share this sweet photo of their little one! If you would like your baby or toddler featured on our social media, please contact us.



Family-Friendly Indoor Winter Activities in Calgary

-  Explore an indoor playground
-  Visit the Calgary Central Library.
-  Check out an indoor swimming pool
-  Go to the Telus Spark Science Centre



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)



P3 Cohort Paper Spotlight

A recent study using P3 Cohort data found that **when partners also participate in pregnancy research, moms are more likely to stay involved through their baby's first year**.

Families with partner participation had a **slightly higher retention rate** (98.9% vs 97.1%). These findings suggest that **including partners may help strengthen engagement in long-term research**.

Read the full paper [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!

