



Welcome to the P3 Cohort Summer 2026 Newsletter!

In this edition, you can keep up with some study updates, discover some fun summer activities to do with your little ones, and learn about some ways to stay engaged with our study. We appreciate your continued support and participation - without your contributions this study would not be possible!



P3 Publications

Curious about what our team has been working on? Our newest publications have explored a wide range of topics from gluten-free diets during pregnancy to infant brain development. Thank you for making this research possible!

[Click here](#) to see our team's publications!

Study Milestone

All P3 Cohort babies have now been born!

Fun Facts about the P3 Cohort

Did you know...

- **59.8%** of P3 toddlers **eat a meal with family members more than once a day**.
- P3 families' **favourite places to explore** around the city are the **Calgary Zoo**, **Fish Creek Park**, and heading to the **mountains**.
- **Biking**, **board games**, **dance parties**, and **Hide and Seek** are among some of P3 families' **favourite activities**!

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)

Father-Friendly Digital Platform

We are looking for fathers to participate in a **one-time virtual interview or focus group** about their experiences **transitioning from the NICU to home**. Interested or know someone who may be eligible? Contact us at p3cohort@ucalgary.ca to learn more.

Questionnaire Updates

Our active P3 Cohort questionnaires range from 5-6 months to Year 4, and we're excited to launch our Year 5 questionnaire this fall!

Family Friendly Summer Activities

- Craving something sweet? Visit one of Calgary's many delicious **ice cream shops**.
- Check out a local **farmer's market** around the city to enjoy some fresh produce.
- Beat the heat and enjoy swimming in one of Calgary's many **outdoor pools**.

Check out [Family Fun Canada's Summer Fun Bucket List](#) for more fun ideas!

Keeping Your Data Safe

Your privacy is a top priority. Here's how we help protect your information:

-  Your data is stored securely using password-protected systems.
-  Personal information is de-identified before research analysis.
-  Only authorized research team members can access study data.
-  Research findings are shared as group results- not individual participant information.



P3 Cohort Study Spotlight

Can the **neighbourhood you live in influence postpartum weight retention**? A new study using P3 data found that while participants living in more walkable neighbourhoods had lower BMI before pregnancy, **neighbourhood walkability was not associated with postpartum weight retention**. These findings highlight the **many factors that contribute to postpartum health**.

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!

