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Will you be adding to your family in the next year?
Are you **interested in your microbiome**, and the impact
it might have on the **health of future generations?**

This is your invitation to join The MothersBabies Study!

Our microbiome is the collective term for the trillions of microbes that live as a community, in us (such as our gut and mouth) and on us (such as our skin). **Research has shown us that the health of our microbiome can also impact on our health as a person.** Parents pass their microbiome's onto their unborn children - but to what extent is still unknown.

The MothersBabies Study is investigating changes in the human microbiome from pre-pregnancy, throughout your pregnancy and birth, and onto your baby's first birthday. The microbiome has been already researched in pregnancy, and now what we need to know is how your health in the 12 months prior to a pregnancy affects your pregnancy, your birth, and your baby's health.

Studies that follow women through their pre-pregnancy, pregnancy and birth story have not occurred anywhere in the world. This study is exciting as it does both. What we eat, who we date, our physical activity, our environment, and even our ethnicity impacts on our microbiome.

The MothersBabies Study aims to find out how our pre-pregnancy lifestyle impacts health outcomes, and how we can change our microbiomes for the better - not just for us, but for future generations too.



So who exactly can take part in MothersBabies?

To take part, you must be female, at least 18 years old, planning to fall pregnant in the next 12 months (but not currently pregnant), intending to receive antenatal care within NSW, available for the duration of the study, agree to adhere to all protocol requirements, and be willing to provide informed consent for yourself and your newborn prior to undergoing any study related procedures.

How many families will be involved, and for how long will you be involved?

We have funding from the Australian Government to recruit 2000 women and their babies across NSW over the next 4 years. Your participation will be for approximately 3 years, which includes the prepregnancy period, your pregnancy and birth, and 12 months follow up once baby is born. Your partner (male or female) can also provide a one-off microbiome sample at baseline, should they consent.

What will your participation involve?

This study is entirely observational, and there is no treatment involved.

We ask you questions about your medical and surgical history, any prior pregnancies, what you do for work, your sexual orientation, ethnicity, household income, what you eat and drink, how much you exercise, medications you currently take, and ask you pregnancy-wellbeing questions as your pregnancy progresses. We will also conduct a small physical examination (height, weight, vital signs) and body composition analysis, and ask you to provide a stool, blood and urine sample alongside oral, skin and vaginal swabs for microbiome analysis.

Once your baby is born, we ask you questions about their birth, ongoing development, feeding, medications, immunisations, and general wellbeing. They will also have a small physical examination at each visit (length, weight, head circumference and vital signs) and we ask you to collect stool and urine samples, as well as skin and oral swabs for microbiome analysis.

Where to go to sign up, or for more information?

You can sign up by visiting the following page https://is.gd/MRC_MothersBabiesStudy_SignUp or scanning the QR code and filling out the registration form. Alternatively, you can email the research coordinators at mothersbabies@unsw.edu.au with any questions you might have, or to sign up that way!



To speak with one of the research midwives directly, call 02 9113 1832 during regular business hours.



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