



# OptiMoM is Growing up!

## We need your help!

Your child was enrolled in the Optimizing Mothers' Milk for Preterm Infants (OptiMoM) Fortifier Study at Mount Sinai Hospital or SickKids in 2014 or 2015. During OptiMoM we collected very detailed information about what your child was fed in the NICU. This makes your child unique and able to help us understand how the nutrition they received during NICU hospitalization is associated with their growth and development as they get older. This letter is to tell you about a new study opportunity for participants of the OptiMoM study, called OptiMoM Grows Up.

## What is involved?

**When your child is approximately 5.5 years old you and your child will be asked to:**

- Visit us once at our non-clinical, family-friendly Nutrition Intervention Centre at the University of Toronto.
  - The Centre is located at Queen's Park station and is fully accessible.
  - The visit will take approximately 5 hours with breaks as necessary. Weekend visits are available.
- During this visit:
  - Your child will participate in a variety of assessments to measure their growth, cognitive development, and overall health.
  - You will complete questionnaires about your family, your child's health and their dietary intake.
  - You will eat lunch with your child in our centre.

You will receive  
**\$250** for  
participating!

Lunch provided  
& childcare for  
siblings  
available

## What are the benefits?

There are no known direct benefits to taking part in this follow-up study. Results may help to provide better nutrition support and recommendations to families with a child born with a very low birth weight post NICU discharge and through the early years.

**You will receive:**

- A report on your child's cognitive development.
- Information on your child's nutritional status and how they are growing.
- \$250 to thank you for participating and to cover any costs associated with participating including transportation.

Total Time  
Commitment:  
**6 hours**

## We will be in touch!

A member of the OptiMoM study team will call you to provide more information about the OptiMoM Grows Up Study and to answer any questions you may have. You are also welcome to call or email us at anytime to participate or to learn more. We will attempt to contact you for participation three times by phone. If you do not wish to be contacted about this study, please give us a call.

**Call us at:** 437-227-4870

**or email us at:** [optimom.study@sickkids.ca](mailto:optimom.study@sickkids.ca)