

Focus 11+



ACTIVITY

NOISE

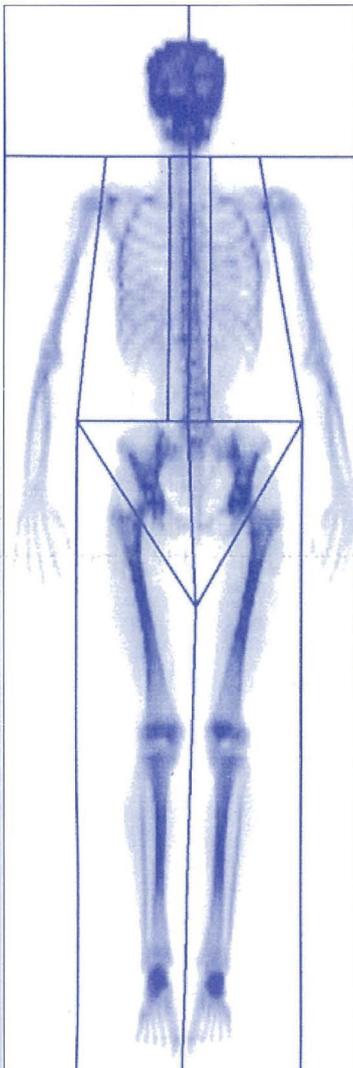
WHAT'S HAPPENING AT

Bones and Growth

We will measure you and see how you are growing. We need to find out how children's bones change as they grow older. This means we'll offer you another picture of your skeleton. If you have one from Focus@9 you will be able to see how much it has changed.

The scanner uses tiny doses of X-rays, similar to the amount you would get just from being outside in the Bristol area for the afternoon.

We will ask you to wear a patch on your forehead for an hour. This tells us about how your skin is changing as you get older.



Hearing

We want to see how you can hear at different ages. We will check your hearing at different ages to see how hearing changes. We do this by using a hearing aid to high and low frequencies to see if you can hear. We will see if you can hear very quiet sounds and your hearing signs of any changes.

We also use a hearing aid. The machine tells us how sounds to the ear and shows otoacoustic emissions.

We also want to ask you to listen to music and to play a game. You can listen to music normally like you would.



Samples and Blood Pressure

We would like to see if blood pressure changes as children grow up. We want to find out what is most important in deciding the level of blood pressure. Things that may affect it are your genes, how large you are and your lifestyle.

We will ask if you would like to give us a saliva sample. Other things we can measure are antibodies and work out what we get as they grow up. We'd also like a blood sample to see things like hormones which change as children get older. We have lines for DNA from many of you but there are lots of other things from the blood. For example we used it recently to see how children's blood changes. As before we will use 'magic cream' and watch a video. Most of you seem happy to give samples but say no to anything you don't want to do at Focus11+.

FOCUS11+ ?

Some of these activities, like the bone scan, you may have done at earlier visits. We are repeating them to see how our Children of the 90s are changing. Others are exciting new things like the activity monitor. We would like you to try everything at F11+ but don't forget you can say no to anything that you don't want to do

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Find out how well you are hearing at the moment and if your hearing changes as you get older. We are asking you to listen to different sounds, such as pitched noises and whistles, and to tell us how well you hear them when they are played. We will tell you if your hearing is okay or if there are any possible problems.



Soft probes just inside the opening of the ear. A small machine is attached to them is called a tympanometer and it checks how springy the eardrum is. Another machine sends sound waves into the inner part of the ear. This bounces them back and forth to check that part of the ear is working. This is called otoacoustic emissions.

We will ask you to find out how much noise you listen to. We'll ask you to think about how often you listen to things like the radio, television, and how loud you like to turn them up. We'll ask you to listen to some music and tell us how loud you think it is.

As you get older. We want to know about your blood pressure. We'll ask you about your diet at birth, your diet

at the time, so that among other things, infections children find out about. We have made cell phones so we can find out how much fat there is in your body. You will be able to remember you can

Eye Spy

We will be checking your sight again, as we did at Focus@7. However, we can now carry out some extra tests to see how your brain uses the information that your eyes send to it. We will ask you to read down a letter chart, with your glasses if you wear them, and we will check whether you are long or short-sighted, as we have done before. In addition, we will show you some new pictures with colours, or "3-D shapes" or outlines hidden in a background, and see which are the easiest for you to recognise.

If we suspect that you have a problem with your eyes or your sight, we will give you a letter to take to your optician, but everyone can fill in their

questionnaire books showing what their eyes spied!



Physical Activity

We have some exciting physical activity monitors. These are small and light (about the size of a matchbox). You may be asked to take one home and wear it round your waist for 5-7 days to record your movements. You keep a record of the times you put the monitor on and take it off as well, and then send the monitor and record sheet straight back to us. This will help us find out how active children are - and in the future show how activity and inactivity may affect health.



You and Your Friends

As children grow up and get older, they enjoy doing different things. We'll be asking about the things you like doing in your spare time, how you're getting along with your friends and how your friendships might be changing. Part of these changes may be your moods and the way you are feeling about things. So we will ask about your moods and how they have made you feel, think, behave and get on with others. We're also interested in why some children find it easy to concentrate on some

things, while for others it's hard work. There will be pictures to study and sounds to listen to, sometimes at the same time, and a picture trail to follow.



Are you in the
Discovery Club?

As one of the Children of the 90s
you can join.

Just ask one of the staff for a form
to fill in when you come to Focus11+
or write to us and we'll
do the rest.



**Your visit will last for about
3 hours and you will need to
have an adult with you.**

**You will get a booklet to bring
with you with lots of puzzles
and things to do. When you
leave we will give you a little
present and a voucher worth £5 to say
"Thank You" for visiting Focus11+!**

To contact Focus11+ call: 0117 928 8266

If you have access to the Internet, either at
school or at home, why not visit our website - it's great fun and full of information,
with pages just for you. www.alspac.bris.ac.uk/discovery



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