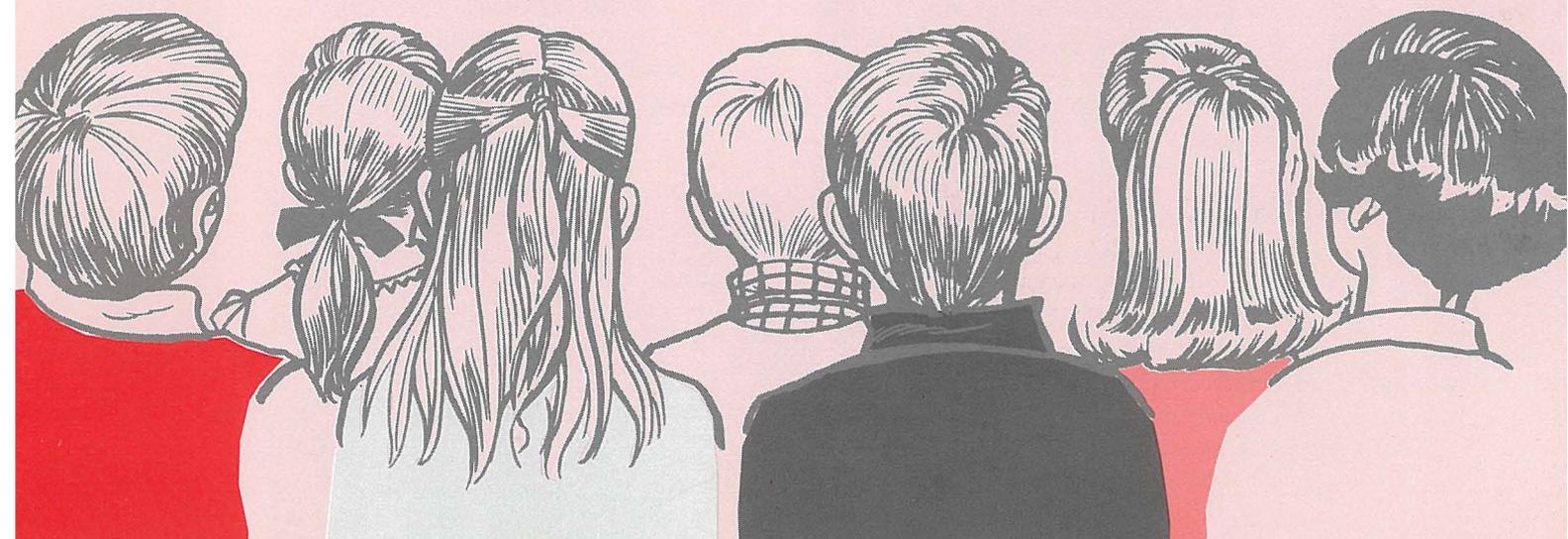
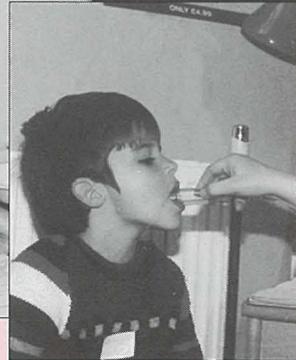
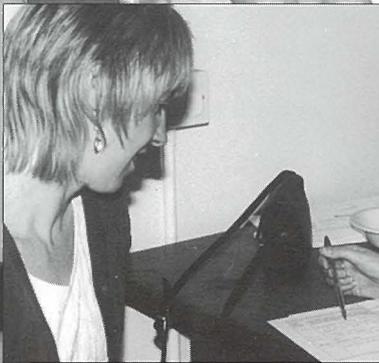
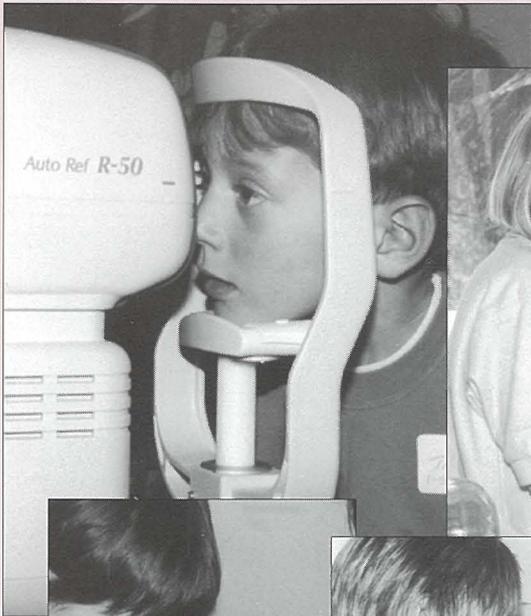


# FOCUS@7





**University of Bristol**  
 24 Tyndall Avenue  
 Bristol BS8 1TQ  
 Telephone: 0117 928 5096  
 Fax: 0117 928 5010  
 email: pam.holmes@bris.ac.uk

**To all Study Children...**

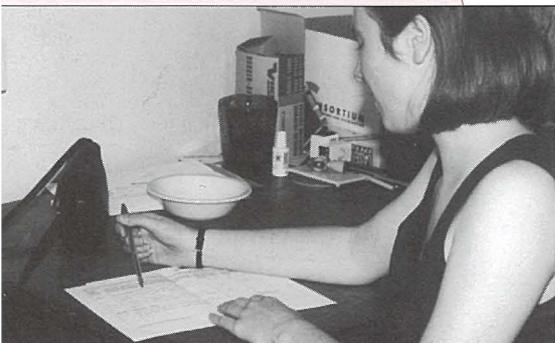
...love to see you at FOCUS@7.  
 ...great to meet you and show you all the things there are for you to take part in.  
 ...that if there is anything you don't want to do, nobody will mind at all.  
 ...giving you your own book to fill in as you go.  
 ...got lots of interesting bits in it and you will be keeping it as a record of yourself at 7.  
 ...looking forward to seeing you. With best wishes from all at Children of the 90s.

*Jean Golding*  
 or Jean Golding

...you want to know how to make an iron sandwich?  
 ...Or, what's special about a dog's ear?  
**Come to FOCUS@7 and find out!**

**DIETARY DIARIES**

A child's diet is important, but children can be very choosy about what they will eat. We want to find out if that matters. That is really important for a child to



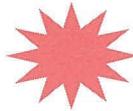
...velop healthily? We shall be asking you to complete a diary of all your

**What happens**

**Your help over the years and at this vital FOCUS@7 and development of today's children and the area. Each test is of course, voluntary, but we hope you**

**HEARING**

We shall test your child's hearing by a pure-tone audiogram, which looks at hearing in each ear and a simple test called "glue ear". We will be able to tell you if your child has any hearing difficulties.



**ALLERGIES**

Pollen, cats and house dust mites are among the many common substances that cause snuffles, asthma, eczema and other problems in people who are allergic to them.

Skin tests can give a clue as to what a person is allergic to, although not everyone whose skin reacts actually shows an allergy.

**Everything you can do to help your child take part in at FOCUS@7 is totally voluntary. If there is anything you would like your child to do, just let us know. No one will be able to force your child to do anything.**

**DID YOU KNOW? You and your child have been part of the past 7 years, we want to give advice to you and American children about the safety of your child's sleep on the floor. This result**

# ens at FOCUS@7 ?

at 7 visit will give us the best picture ever of the health  
wers as to how we can improve things in the years to come.  
at you will help us by taking part in as many as you can.



## WORDS

Your child will be asked to look at some pictures and read some words. These are designed to fit the ability of your child and will be great fun! This will help us see whether aspects of his or her eyesight or hearing might have had an effect on reading skills.



## MEASURING & SKIN

We will be measuring height, weight and sitting height (so that we can work out leg length). Then there is the circumference of the head, upper arm, waist and hip. We will measure fat by putting electrodes on the right arm and ankle and passing a tiny electrical pulse through the body. It's absolutely safe and painless. We are also going to look for "visible flexural dermatitis", an eczema-like rash in particular sites on the body. We will also look at your child's spine to make sure that there is no sign of a curve in it (scoliosis) and let you know the results.



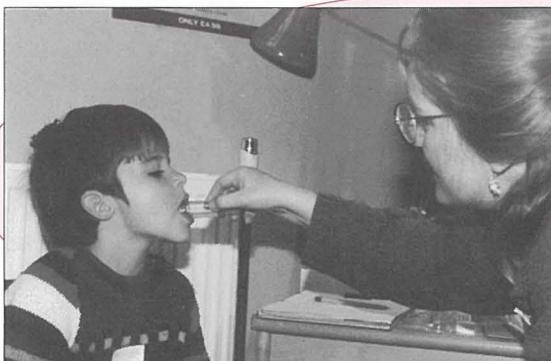
## CO-ORDINATION AND MOVEMENT

This is great fun!  
It includes trying to throw a bean bag to hit a target;  
walking along a straight line;  
seeing how fast you can put pegs into a pegboard  
and threading lace.



## GERMS

Modern medicine relies heavily on antibiotics to treat infection. Unfortunately, some germs are now able to resist antibiotics and so are not killed by them. It is important to find out how common these antibiotic-resistant germs are in healthy children. So, during your visit we may ask your child if he or she is willing to rinse their mouth with water and spit into a tube for us. This will enable us to know how often these germs are likely to be found in children's mouths.



ing  
the  
for  
our  
ity.

you take  
US at 7 is  
untary.  
anything  
esn't want  
tell us.  
ll mind  
l.

hat, thanks to  
ents, over the  
ave been able  
both the British  
vernments on  
ing babies to  
r backs?  
n national  
gns,  
each country.

## BLOOD SAMPLES

We would like to take a sample of blood and will be asking for permission from yourself and your child to do this. We will be looking for anaemia and in the future at other substances in the blood, like cholesterol. We will be preparing a sample of DNA to study the relationship between inheritance and environment in diseases like asthma. We will let you know within a few days if your child is anaemic, but all later analyses will be done anonymously and only linked to other information about the children by number, not to named children.

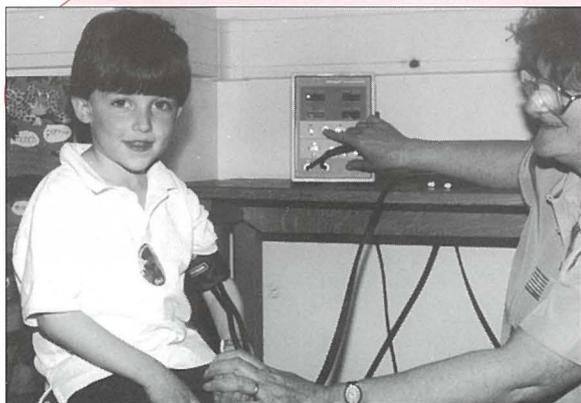
We have an excellent system for taking a sample of blood, using highly trained staff and 'magic' cream, which numbs the skin, but your child can ask us to stop at any time if he or she is not happy. They are usually too busy watching a video to worry, though!

## EYES

We will test the sight in each eye and check whether the eyes are pointing in the same direction. No eye drops will be used. We will do the test with the child's glasses if they have been given any. If we find that any child cannot see well and if no one has treated them for this eye problem before, we will offer you an appointment with our optician who can prescribe glasses or refer your child if necessary. We can finally answer the questions about whether glasses actually help the children who have been given them early in their lives and how many children have problems that haven't been picked up before this age. This is a great opportunity that should lead to better vision care for all children in future years.



## BLOOD PRESSURE



Although much is known about the blood pressure of adults, little is known about blood pressure of children.

This study will be important in advising whether children should have their blood pressure taken regularly.

Your child will be shown what will happen, then a cuff will be put around the child's arm and a machine will blow this up and take the blood pressure. It will do this twice.

We will tell you if the reading is unexpectedly high.

**FOCUS at 7 will provide exciting information that will help us in our attempts to solve common but important problems, like eczema, glue ear, allergies, co-ordination, reading, eyesight and hearing difficulties.**

**Your visit will last for half a day and each child will need to be accompanied by an adult. Children will be given a coloured book to fill in, as they go around the clinic, to keep as a record of themselves at 7.**



### University of Bristol

24 Tyndall Avenue Bristol BS8 1TQ  
Telephone: 0117 928 5096  
Fax: 0117 928 5010  
email: pam.holmes@bris.ac.uk

### ALSPAC

Avon Longitudinal  
Study of Pregnancy  
and Childhood

*"Give us a ring,  
write us a letter or  
dash off an email"  
We love to hear from  
you. Phone Pam on  
0117 928 5096*