

Together we can find answers to questions that you and many other parents might ask, such as:

How do genes and experiences affect development and behavior?



How do drugs, alcohol, and tobacco affect development in babies?



Are there key experiences in early life that affect later health and well-being of a child?



Are there windows during the early developmental period that we can change that will help children be healthier and happier?



How do parent or caretaker interactions with their children impact health?



The **H**EA**L**thy **B**rain and **C**hild **D**evelopment (HBCD) Study

Let's Connect and Learn Together!

As parents, health care providers, and researchers, we share a common goal: helping our children grow to be healthy and happy. We invite you to reach out to researchers and participate in a study that can help learn about the experiences of early childhood development that shape a person's future.

For more information, please visit HBCDStudy.org

B'More HBCD
615 N. Wolfe St,
W2508

Baltimore, MD 21205
hbcd@jh.edu



HEAL**H**thy Brain and Child Development

The HBCD Study, sponsored by the National Institutes of Health, is being conducted by researchers across the country. You may be eligible to participate at a study site in your area. This study may help us understand how to support healthy futures for children for generations to come.





What is the HBCD Study?

We are asking families in Maryland and across the United States to join our study and hope you will too! We will follow you and your baby from pregnancy through early childhood. We want to learn how your baby grows and develops. And because every person and family is different, we want to understand how the brain develops. We want to know how your baby is affected by his or her exposure to substances and other environmental conditions during pregnancy and after birth. To learn about this we will collect information during pregnancy and through early childhood, including:

- Pictures of the baby's brain using MRI
- Growth measurements like height and weight
- Samples from mom and baby, like urine, and saliva, and maternal blood
- Medical and family information
- Information about the home, feelings, and development



Why do we need the HBCD Study?

Babies and children grow so fast! There are many reasons children develop differently. The HBCD Study may help us better understand how child development may be affected by exposures to various household, social, and environmental experiences during pregnancy and early life.

The HBCD Study will share information that parents and health providers can use to improve the well-being of children.



Who can participate?

Participating families will be individuals in the 2nd or 3rd trimester of pregnancy or who have recently given birth and their children.

It is important that people who join the study are from many backgrounds and environments.

What will study participants be expected to do?

The HBCD Study begins with 3-4 visits in the first year with only 1-2 visits in later years. During these visits, you will be asked to complete interviews and questionnaires.

In addition, you and/or your child will be asked to:

- Provide samples, such as saliva, urine, and maternal blood
- Participate in behavioral assessments
- Wear activity and/or heart rate trackers for brief periods of time
- Undergo safe, non-invasive methods that provide pictures of your child's brain and measure the brain activity of your child

What about costs?

All study assessments and procedures will be provided to you free of charge, and will be paid for your time in the study.

Will personal information be protected?

- All identifying information from or about you will be kept private and confidential, as required by law.
- Your family's information and samples will be stored without personal or family information.
- What we will learn from your joining our study will hopefully make contributions to the health of children and their families for many years to come.