

THE WIND STUDY Newsletter

Autumn 2019

Autumn Activities



COTTON SWAB TREE:

Celebrate autumn with this easy craft! On white construction paper, allow your child to paint the trunk and branches of the tree using brown paint and a paintbrush. Then, help your child dip cotton swabs into red, yellow, orange, or brown paint, and encourage him

or her to decorate the tree with bright cotton swab leaves! For a less messy alternative, swap out paint for markers to create the tree trunk and branches, and allow your child to dot on leaves using brown, red, yellow, and orange markers instead!

What you will need: white construction paper, paint (red, brown, yellow, and orange colors), cotton swabs, a paintbrush, and markers (optional: red, brown, yellow, and orange colors)



HANDPRINT OWL:

Help your child create a fall critter with this simple craft! Begin by helping your child trace his or her handprint on a colored cardstock of choice, which will be the body of the owl. Draw two small circles in the white cardstock for the eyes of the owl and a small triangle in

yellow cardstock for the owl's beak. Using child-safe scissors, have your child cut out the handprint from the colored cardstock, the circles from the white cardstock, and the triangle from the yellow cardstock. Then, glue the two white circles to the handprint owl and draw eyes with the sharpie, and fold the yellow triangle in half to create a beak and glue the beak below the eyes. Finally, allow your child to add a bit of flair to the owl by gluing on craft feathers, and your child's handprint owl will be complete!

What you will need: white cardstock, yellow cardstock, cardstock in another color of child's choice, craft feathers, glue, pencil, child-safe scissors, and a sharpie



POPSICLE STICK FOX:

Begin creating this fox by gluing together 3 jumbo popsicle sticks in the shape of a triangle. While the popsicle sticks dry, trace a triangle in the orange cardstock that is the same size as the popsicle stick triangle. Have your child cut this triangle for the fox's face using child-safe scissors and cut two smaller triangles for the fox's ears. Once the popsicle stick triangle is dry, glue the orange triangle to the popsicle sticks and glue on the fox's ears. Then, use the orange paint to color the popsicle sticks. For final touches, have your child add a black pom-pom as the fox's nose and glue on googly eyes, and watch this popsicle stick fox come to life!

What you will need: 3 jumbo popsicle sticks (per fox), orange cardstock, orange paint, paintbrushes, black pom-poms, googly eyes, glue, and child-safe scissors

Contact Us!

Do you have any questions about the WIND Study? Did you recently move, or change your phone number or e-mail? Haven't received your child's summer gift yet? Please let us know so we can stay in touch. Call or e-mail us anytime!

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Get to Know: Lena Volpe

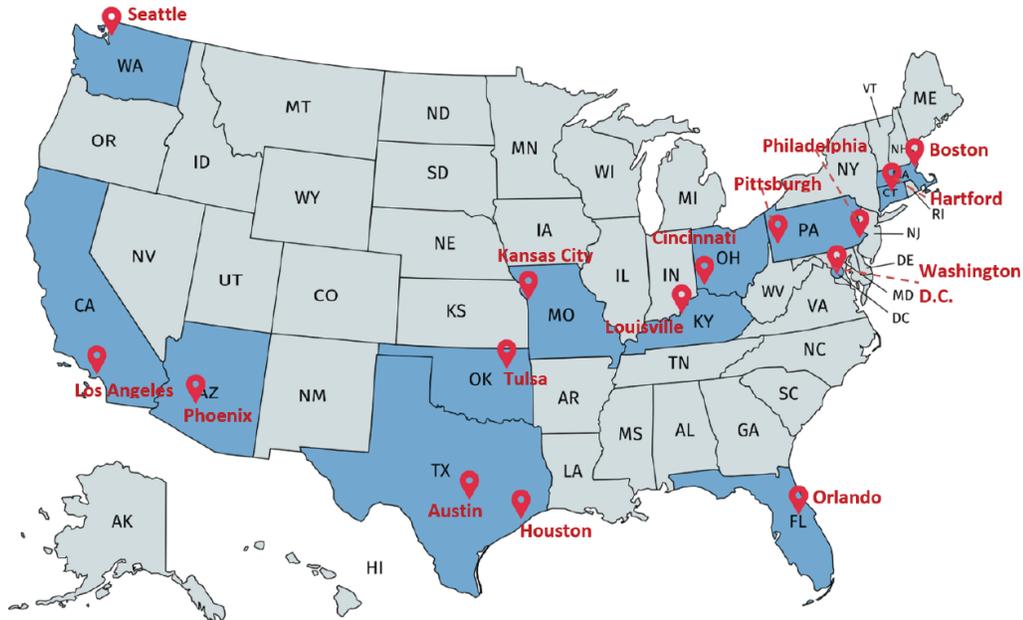
Lena is a Clinical Research Coordinator at Massachusetts General Hospital and one of the newest members of the WIND Study Team. Her favorite part of the WIND Study is talking to parents, and she is excited to talk to you during your upcoming interviews! She recently graduated from Princeton University with a degree in Ecology and Evolutionary Biology. She's interested in learning more about how early life viral infections may contribute to later breathing problems in our participants. As a result, she wants to learn from you about the breathing problems your children may experience.

WIND Study Research Update: 6-Year Visits Continue!

The WIND Study Team is excited to continue the age 6-year in-person visits! Thank you so much to the hundreds of families who have already come in for a visit. For those who have an upcoming visit scheduled, we look forward to seeing you soon!

Here is what you can expect during the visit: a clinician will take your child's vital signs (such as blood pressure and temperature), measure their height and weight, listen to their lungs, examine their skin for rashes, ask you about their skin health, look inside their nose, do a nasal and saliva swab, and do a blood draw. There will also be two breathing tests: one will measure for airway inflammation and the other will measure how well your child's lungs are working. The visit will last about two hours and we will compensate you for your time, travel, and participation. During the visit, we will also give you a kit to collect your child's stool at home. Using the pre-paid packaging, you can safely mail the package through the regular mail. You will receive an additional \$50 once we receive the stool sample.

Check out the map below to see all the cities in which we have hospitals participating in the WIND Study's age 6-year in-person visit. If you still live near the hospital where your child was originally enrolled in the WIND Study, your in-person visit will most likely occur at this hospital. If you have moved since enrolling in the study, you can attend your in-person visit at the one of our participating hospitals nearest you. Feel free to contact our WIND Study coordinators at 1-855-815-WIND (9463) or windstudy@partners.org if you have any questions about the visits or hospital locations.



In-Depth: Spirometry

We want to share more information about one of the breathing tests included in the age 6-year in-person visit. "Spirometry" is a common breathing test that measures how well your child's lungs work using a device known as a spirometer. At the age 6-year in-person visit, your child will be asked to take a deep breath and then blow into the spirometer as fast, long, and hard as possible (considered a "good effort"). Once complete, the spirometer's computer will create a graph describing the volume of your child's lungs and how well the air exits the lungs.

After a good effort, your child will be administered albuterol – a medication that provides quick relief from wheezing – via an inhaler. Afterwards, he or she will be asked to blow into the spirometer again. We will compare the results before and after the albuterol treatment. If your child has not been prescribed albuterol in the past, please be assured that albuterol is a generally safe medication for healthy children in cases where there is no allergy, sensitivity, or other medical conditions. We will screen your child for medication allergies and medical history prior to doing this common and safe breathing test. To see spirometry performed, check out this short video:

<https://kidshealth.org/en/parents/spirometry.html>

As a reminder, the spirometry results are for research. Please always consult with your primary care provider if you have any concerns about your child's health. We look forward to seeing you in-person!