



PRISM & ECHO

STUDIES NEWSLETTER

ENVIRONMENTAL INFLUENCES ON CHILD HEALTH OUTCOMES

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EXCLUSIVE, EXCLUSIVE!

YOU HEARD IT HERE FIRST. FOLKS! WE ARE PLANNING ON EXTENDING OUR ECHO PROJECT!

We have enjoyed seeing you at our lab as you participate in the ECHO study! We want our families to know how much we appreciate them for all their time and efforts throughout the years.

We are currently seeing families during in-person lab visits and via remote visits. Thanks to your participation, the ECHO Study has been able to collect information from more than 30,000 participants across the U.S. The data you and your child provide will help us better understand how environmental exposures and maternal and child experiences early in children's lives affect their development, health, and well-being. We have learned so much from you!

However, our work is not done yet! Some of you have asked if we plan on continuing the study, and the answer is YES!

We will apply for additional funding to extend the project for several years. If we receive funding, there will be more opportunities to collect data similar to what you have been doing already. Every activity will be voluntary, and all activities completed will be compensated. In the meantime, we are still collecting data for our current ECHO activities. If you have not joined the ECHO study yet and are interested, there is still time to enroll! Our staff is happy to answer any of your questions! **To contact us, please email or phone us at prism.study@childrens.harvard.edu or (617) 919-3368.**

Can't make it to 21 Autumn Street for lab visits during weekdays? No problem! Our staff is flexible and meets with families on evenings and weekends. We also offer virtual visits where you can participate from home. You can contact us at (617) 919-3368 or by email at prism.study@childrens.harvard.edu.



Why do we collect

BIOSAMPLES?

Biosamples can give us important information about what your body has experienced and how it is functioning:



Hair: A small sample, no bigger than the tip of a pencil or 100 strands of hair, can help us learn about a child's levels of cortisol, an important hormone that has many functions, including in response to stress.



Toenails: WAIT, don't cut your toenails yet! Toenails give us valuable information about a child's exposure to chemicals and metals in their environment.



Urine: It is basically liquid gold to us! It helps us learn about how a child is handling stress as well as the metals and chemicals in their environment.



Blood: Given through either a Dried Blood Spot, which is a small prick on the finger, or through Venous Blood, collected by the vein, gives us a lot of valuable information on your child's immune system such as how it's functioning and how healthy their cells are.



Teeth: Our teeth act like the rings of a tree, which helps us understand a child's exposures to chemicals and other substances during different periods of development throughout their lifetime.



FREQUENTLY ASKED QUESTIONS

What can I expect at a lab visit?

A lab visit usually lasts around two hours. During those two hours we will play some iPad games, take body measurements, collect the biosamples mentioned above, and answer questionnaires!

How can I participate remotely?

If you are unable to come to 21 Autumn for your lab visit, you can still participate! We can send you a kit with everything you will need to collect biosamples. We will set up a time to video call and walk you through the process, including how to return the biosamples by mail. We can also send you a link to complete the questionnaires on line. We also have a fitbit kind of device your child can wear at home to help us get information on sleep and activity levels!

Do they have to participate in all biosample collections?

All activities are 100% voluntary. You and your child can choose which activities you do or do not participate in.



Meet our Team



Michelle Bosquet Enlow, PhD
Principal Investigator



Dr. Bosquet Enlow is the principal investigator for the Behavioral Research Laboratory. She received a B.A. in psychology from Yale University and a PhD from the developmental psychopathology and clinical science program at the University of Minnesota.

Dr. Bosquet Enlow's Favorites:

Favorite Color: Plum and Silver
Favorite Food: Thai and almost anything chocolate
Favorite Animal: Swan

Sarah Dickerman, BA
Clinical Research Specialist



Alma Mater:
Cornell University
Major:
Psychology

Sarah's Favorites:
Favorite Color: Pink
Favorite Food: Sushi
Favorite Animal: Panda

Natalie Cayon, BA
Clinical Research Assistant II



Alma Mater:
Cornell University
Major:
Psychology
Minors:
Human Development and Inequality Studies
Natalie's Favorites:
Favorite Color: Purple
Favorite Food: Vaca Frita
Favorite Animal: Alpaca

Emma Jenkins, BA
Clinical Research Assistant II



Alma Mater:
Boston University
Major:
Psychology
Emma's Favorites:
Favorite Color: Purple
Favorite Food: Popcorn
Favorite Animal: Meerkat

Marialuisa Cummins, BS
Clinical Research Assistant I



Alma Mater:
University of Houston
Majors:
Psychology and Health with a concentration in Public Health
Minors:
Human Development and Family Studies and Sociology with a concentration in Health and Medicine
Marialuisa's Favorites:
Favorite Color: Yellow
Favorite Food: Pasta
Favorite Animal: Elephant

Rosalia Rojas, BA
Clinical Research Assistant II



Alma Mater:
California State University, Northridge
Majors:
Child and Adolescent Development, with an emphasis in Applied Developmental Science
Rosalia's Favorites:
Favorite Color: Pink
Favorite Food: Tacos
Favorite Animal: Lion



CAN YOU GUESS THE TEAM MEMBER



MATCH THE TEAM MEMBER TO A FUN FACT THEN CHECK IF YOU GOT IT RIGHT!

Dr. Michelle
Bosquet Enlow



Emma

Sarah



Marialuisa

Natalie



Rosie



- a. I can wiggle my ears!
- b. I won a science fair in 8th grade by building a machine that could make mini tornados.
- c. I like to crochet and have an instagram account for my projects!

- d. I have traveled to every continent except Australia and Antarctica!
- e. I can make a cloverleaf with my tongue!
- f. I was chased by a cow when I was 7.

Answer Key:
a: Emma
b: Dr. Michelle Bosquet Enlow
c: Sarah
d: Marialuisa
e: Natalie
f: Rosie

December, 2022



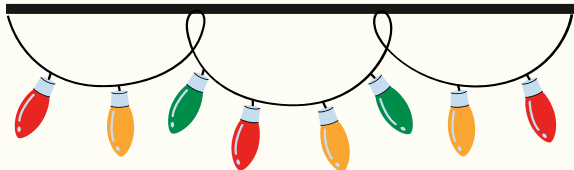
CURRENT FINDINGS

You gave us data. here are some results!

- Mothers taking antidepressants in conjunction with prenatal medications do not increase the child's risk for autism spectrum disorder (ASD) diagnosis or related traits.
- During the COVID-19 pandemic, there was an increase in screen time among older children. Such changes led to a rise in the time children slept, which may influence child health behaviors.
- Children who interacted more with friends and through family engagements had better life satisfaction during the COVID-19 pandemic.
- Having high food source quality and eating healthier during pregnancy and afterward increases the duration of breastfeeding.
- Children who gained weight fastest from birth to age 5 started puberty earlier, which may be linked to type 2 diabetes.
- Eliminating exposure to toxic metals during pregnancy may influence newborn birth weight.



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Holiday Resources

Toys For Tots:

Address: 23 Dry Dock Ave, Boston, MA, 02210

Phone: (617) 737-0500 Call for an application.

Website: <http://boston-ma.toysfortots.org/local-coordinator-sites/lco-sites/request-toys.aspx>

This operates across the state of Massachusetts. This program provides free holiday gifts/toys for children.

Note this service does not give free toys or Christmas gifts to individual families. Applicants must contact a church in their town (or city of Boston), a charity, or a social worker. Christmas gifts are free and can include games, clothes, trucks, dolls, and more. Visit their site for more information on Toys for Tots in Suffolk County.

South End Neighborhood Action Program:

Address: 554 Columbus Avenue, Boston, MA, 02118

Phone: (617) 267-7400

During the Christmas season, holidays, and mostly year-round, the agency may have baby clothing, diapers, food, and more. There are also free toys for children, Thanksgiving turkeys, and free Christmas food for the entire family.

Project Bread's Food Source Hotline:

Address: 145 Border Street, Boston, MA, 02128

Phone: (800) 645-8333

This non-profit can connect qualified individuals and families to other food resources and regional Christmas or Thanksgiving programs.

Iglesia Pentecostal Voz de Dios:

Address: 85 Hamilton St, Southbridge, Massachusetts, 01550.

For information on holiday help, call 774-386-5553 or (774) 334-0713. A major focus is on immigrants and Spanish speakers in Worcester County.

Action for Boston Community Development, Inc. (ABCD):

This is the regional community action agency. The non-profit may have referrals to Christmas assistance agencies, gently used children or adult clothing, and other services for families. There are several locations and offices in the region.

19 Corinth Street, Roslindale, Massachusetts, 02131, (617) 327-1152

Boston Hispanic Center, 178 Tremont Street, Boston, Massachusetts, 02111, (617) 348-6263 Ext:

251 Jamaica Plain APAC, 295 Centre Street, Jamaica Plain, MA, 02130, (617) 522-4830

535 River Street, Mattapan, MA, 02126, (617) 298-2045

North End/West End NSC, One Michelangelo Street, Boston, MA, 02113, (617) 523-8125

Parker Hill/Fenway NSC, 714 Parker Street, Boston, MA, 02120, (617) 445-6000

South Boston Action Center, 424 West Broadway, South Boston, MA, 02127, (617) 269-5160

The non-profit has many other programs too! Read more on assistance from Action for Boston Community Development.

Catholic Charitable Bureau of the Archdiocese of Boston, Inc.

This charity also operates across Suffolk and nearby counties. Various programs are administered year round. Children and seniors may also enroll into holiday programs, including gifts at Christmas, home delivered meals, free groceries, and more. The churches in Suffolk and Middlesex County MA work to provide holiday help to the poor, immigrants, single mothers and others.

- Yawkey Center, 185 Columbia Road, Boston, MA, 02121. Call (617) 506-6600
- 270 Washington Street, Somerville, Massachusetts, 02143, dial (617) 625-1920
- Merrimack Valley - 70 Lawrence Street, Lowell, MA 01852. Dial 978-452-1421

For more resources, reach out to our team or check out this website:

https://www.needhelpayingbills.com/html/christmas_assistance_programs.html