

The NEST Stork: Delivering News to You!



Volume 6

NEST Gears Up For Summer

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It's our favorite time of year! Many of our NEST families have wrapped up the school year and are ready to have an awesome summer.

We would like to thank you for your continued participation in NEST. Your involvement is what makes NEST a success. To show our appreciation, the NEST team has a few ideas to make your summer a little sweeter:



-  • **Free Admission to The Museum of Life + Science:** *The Museum of Life + Science* (433 W Murray Ave; 919-220-5429) is an interactive science center with many indoor and outdoor exhibits. On Durham Community Days, the museum offers free admission to Durham County residents (ID showing residence required). Check it out on: June 27th (Monday), Sept. 7th (Wednesday), and Sept. 25 (Sunday).



- **Splash Around:** Looking for a place to cool down? Durham Parks and Recreation operates three free Spraygrounds (playgrounds with water features) in Durham: *East End Park* (1200 N. Alston Ave.), *Edison Johnson Center* (500 W. Murray Ave.), and *Forest Hills Park* (1639 University Dr.).

- **Connect with Nature:** Durham and the surrounding area offers a number of public parks. A few options include the newly opened 75-acre *Hollow Rock Nature Park* (692 Erwin Rd.), *Eno River State Park* (6101 Cole Mill Rd.) with river views, a suspension bridge, and historic mill, and Sarah P. Duke Gardens (420 Anderson St.).



DukeMedicine

Duke Child & Family Study Center

2608 Erwin Road, Suite 300
Durham, NC 27705

Follow us on Facebook or Twitter for a chance to win! If you like our social media pages by Labor Day (September 5th), you will be entered into a drawing for \$25! Please make sure your contact information is up-to-date so we can contact you if you win. Call us at 919-681-2521 today.



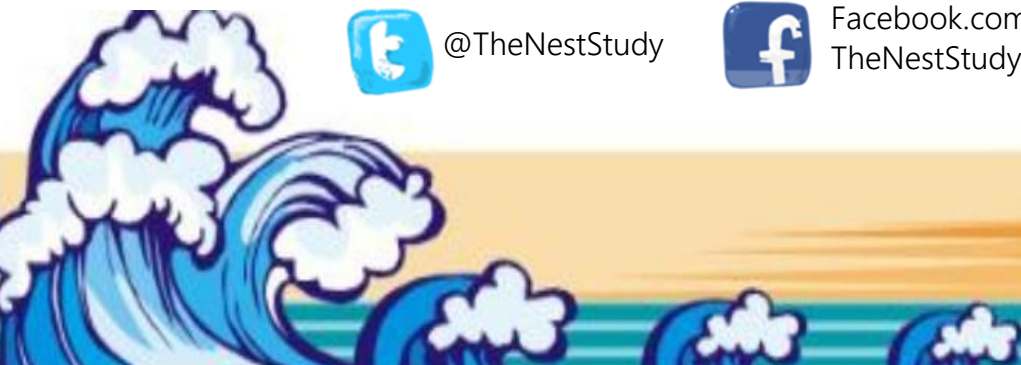
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sites.duke.edu/nest/



THRIVING



We have recently been funded for a new study called **THRIVING** (Translating Health Risks to understand Variability In Neurodevelopment and Growth). The purpose of the new study is to learn more about some of the prenatal and family factors that contribute to children's health, including brain development, diet, physical activity and weight. If you are eligible, we will send you more information soon! We hope you will consider participating. Eligible participants will be compensated up to \$350. Call us at 919-681-2521.



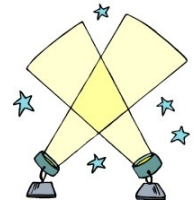
Don't throw away those lost baby teeth!

When your child loses a tooth you can send it to us. The purpose of collecting teeth is to measure your child's exposure to things in the environment from the time the tooth started developing up until it was lost. You can send us any teeth you are not keeping for sentimental purposes—we'll take any teeth your child loses in the future as well as teeth your child has already lost.

Eligible participants will be compensated up to \$15. Call us at 919-681-9173.

NEST Family Spotlight

For this issue of the NEST Stork, we had the opportunity to talk with **The Carr Family!** Ms. Ramona Carr is the mother of Zachary and Zariya (pictured below).



Zariya, 8 years old
Favorite Colors: Pink, purple
Favorite Animal: Tiger
Favorite Movie:
Halloweentown 2
Favorite Subjects: Math, Art,
Science, Social Studies

Zachary, 6 years old
Favorite Colors:
Red, blue
Favorite Animal: Lion
Favorite TV Show:
Hot Wheels

What was the best part of this study visit?

Zariya: Eating snacks and getting to hang out with you guys! And I liked playing the matching game on the iPad.

Zachary: We liked eating snacks and getting to play with toys.

What else do you like about NEST?

Zariya: A LOT!!!!

Like what?

Zariya: The egg hunt! I got candy, a pink bunny, a shirt, and eleven eggs.

Are you doing anything fun this summer?

Zariya: Going to Disney World!

Which studies have you participated in?

Ms. Carr: NEST, NICHES, THRIVING, and now the tooth study.

Which one have you most enjoyed and why?

Ms. Carr: Probably the most recent study (THRIVING) because it was very involved for the kids. Everyone I've met here has been very pleasant and patient. And not just with my kids but with other kids too.

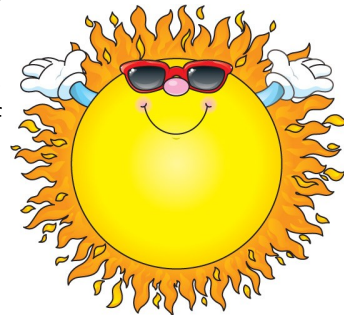


We want to hear your story! If you would like to be a featured NEST family contact Katie Russell at katie.lollie@duke.edu or (919)-681-2521.



NICHES Needs YOU!

Interested in another way to support our research and make \$100? The NICHES team is investigating how the environment influences children's brain and behavioral health. NICHES seeks to understand what causes differences in children's development and ability to learn. Contact us today to see if you're eligible to participate. A typical study visit lasts about 3 hours, during which you and your child will complete computer activities and in person problem-solving tasks with staff to assess attention and reasoning ability. You will also complete a survey about lifestyle and health behaviors, and we will ask to collect a blood and/or saliva sample from your child. If you'd like to know more and/or schedule an appointment, please contact us at 919-681-2521 or nichesproject1@duke.edu. Thank you so much to the 250 NEST families already enrolled in NICHES! We could not do it without you! Over the next couple of years, we hope to recruit 225 more families to participate in this study!



A New Opportunity To Assess Childhood Liver Disease: The SEEN Study



One of our investigators has recently been funded to study an important emerging threat to children's liver and overall health. The study is called **SEEN** (Study of Early Life, Epigenetics and Nonalcoholic Fatty Liver Disease). Nonalcoholic Fatty Liver Disease (NAFLD), once thought to only affect adults, is now increasingly found in kids. NAFLD can run in families and is caused by fat building up in the liver and can lead to serious problems like scarring and damage of the liver. The purpose of the new study is to learn more about prenatal and family factors that contribute to NAFLD and the risk for more serious problems.

Eligible participants will be sent more information about this study. We hope you will consider participating and helping us advance knowledge about children's liver health. Eligible participants will be compensated up to \$100 for their time.

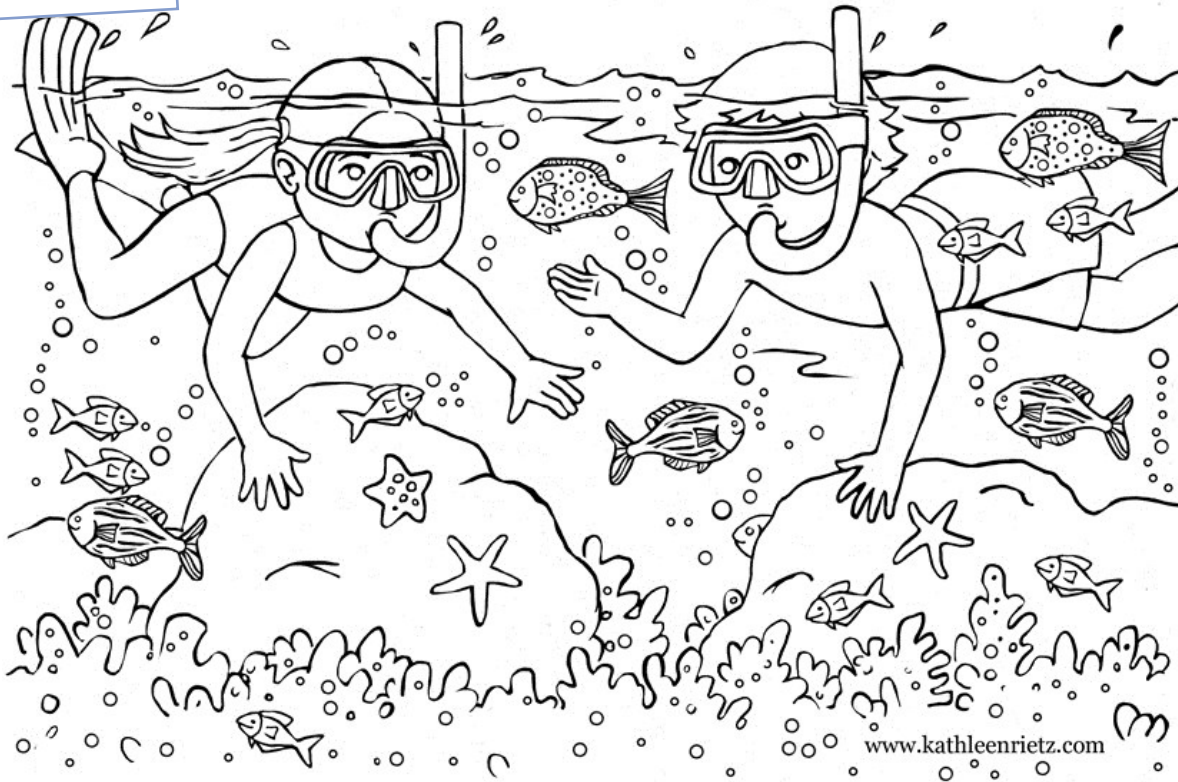
TESIE Study Update

The TESIE study has finished recruitment! Thank you to the more than 200 families that enrolled! With your help, we are well on our way to determining how young children's behavior is linked to their exposure to chemicals found in products in their homes, such as furniture, electronics, and building materials. Over the next several months, we will be analyzing the samples that TESIE families provided. If your family participated, we will be sending you information about what we found in your home and samples sometime over the next year. In the meantime, please contact Kate Hoffman at 919-684-6952 or by email at SVOC@duke.edu. Look for more updates on TESIE on our website or in the next NEST newsletter!



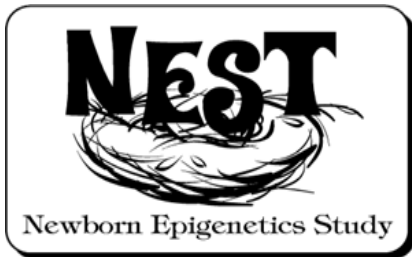
Kids' Corner

Enjoy coloring this underwater adventure!



For more fun activities, please visit our Facebook page (TheNestStudy)!

2608 Erwin Rd., Suite 300 Durham, NC 27705



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