



Neuroscience
Institute

Neuroimaging and Nutrition: Engaging with Mothers around Child Brain Development

Dr Catherine Wedderburn

Jess Ringshaw

Neuroscience Institute

Department of Paediatrics and Child Health

University of Cape Town

Cape Town, South Africa



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UCT public engagement workshop 1 - Drakenstein Child Health Study



Neuroimaging in focus: engaging with mothers around child brain development in a South African birth cohort

- (1) To explore the neuroimaging experience and identify ways to improve the research processes
- (2) To engage around child development and associated factors
- (3) To share study findings to promote healthy brain development in the local community context.
- (4) To work together to identify key child development messages to distribute the knowledge to the community and raise awareness



Agenda

Session 1: Introduction

Session 2: Setting the scene - explore participant experience of the neuroimaging

Session 3: Community perception of child development – facilitated discussion

Session 4: Share study findings

Session 5: Group-work to develop community learning materials

Large-group work and facilitated discussion





Small-group activities



Design



Key messages and poster development

HAPPY MOM HAPPY BABY



BONDING/ATTACHMENT

Praise, encourage and play with your child. Create a loving & caring relationship



STOP ALCOHOL USE

Alcohol use in pregnancy can harm your baby and abuse can lead to violence



STOP VIOLENCE PROTECTION FROM HARM

Support each other to keep children safe and protect them from harm



MOM'S BODY & MIND

Take good care of your health and keep your heart happy. Seek help if you are feeling depressed or have mental health problems



BABY'S BODY & MIND

Take good care of your baby's health (breastfeeding & nutrition, immunizations & clinic visits, playing and reading)



AVOID SMOKING & DRUGS

Stop smoking in pregnancy & never do drugs. It is harmful to your baby's health and can have long-lasting bad effects

POSITIVE CHILD DEVELOPMENT



LOVE & SUPPORT YOUR CHILD

Play with your child, encourage and praise them when they do something good. Talking to your child is important, as well as setting boundaries



STOP ALCOHOL & SMOKING

Alcohol use in pregnancy can harm your baby and abuse can lead to violence



KEEP CHILDREN SAFE

Protect your child from violence in the home and community. Keep children away from danger



WORKING TOGETHER TO RAISE HEALTHY HAPPY CHILDREN



TAKE CARE OF YOURSELF

Your mental and physical health is important. Seek help if you are unwell, struggling or feeling under pressure



CHILD HEALTH & WELLBEING

Take your child for clinic visits and immunizations to keep them well. Healthy eating is important



EDUCATION IS IMPORTANT

Read to your child and support them to work hard and stay in school

Public Engagement in Action: Workshops

Purpose:

- Conducting ethical research
- Making contextually relevant and meaningful societal contributions

Objectives:

- Incorporation of stakeholders & study participants into research process
- Informing study design, resource dissemination, & strategy development
- Empowering communities → giving a voice to people invested in outcomes
- Widespread and shared benefit of those who stand to gain the most from the implications



“Neuroimaging and Nutrition: Engaging with Mothers Around Child Brain Development”

- (1) To identify practical ways to improve paediatric neuroimaging research experiences
- (2) To gain insight into community perceptions/challenges around healthy eating
- (3) To collaboratively develop messages & strategies for improved nutrition
- (4) To engage in a two-way stream of communication identifying ways to improve nutrition
- (5) To discuss methods for sharing study outcomes with the wider communities
- (6) To use workshop feedback to create accessible and culturally appropriate resources
- (7) To collaboratively identify local & affordable ways to meet nutritional requirements.



Agenda

Session 1: Welcome

Session 2: Research in Practice: A Mothers' Experience

Session 3: Child development in the 1st 1000 days

Session 4: The importance of nutrition

Session 5: Grow Great Campaign

Session 6: Conclusions and Feedback



Large-Group Discussions



Small-Group Conversations and Activities





A Mother's Perspective



Child Development Resources



Neuroimaging Explainer Video



Nomthetho, one of the moms in the Khula Leap study, called the study a 'great initiative' saying: *There are very few resources in the townships and get to learn, go back and implement, and share and observe. It makes a little bit go far!*