

STUDY VISITS AT A GLANCE

What to expect at 1, 3, and 6 months

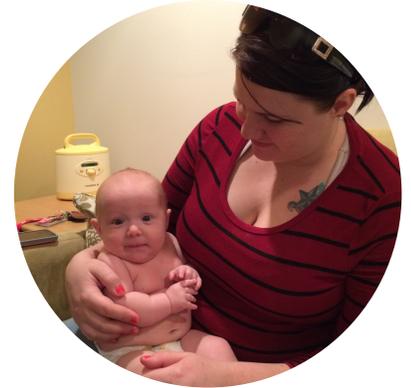


QUESTIONNAIRES

You will be provided with a link to a series of questionnaires before each visit. You can complete these before or during the study visit. The surveys will vary each time, and some will be repeated. We will be asking you questions about breastfeeding; your baby's eating and sleeping habits; and your diet, physical activity, sleep habits, stress levels, and mental health.

BREASTFEEDING

At the beginning of the visit, your baby will be weighed and you'll breastfeed as you would normally. Your baby will be weighed after eating so we can see how much they ate. The study coordinator is also on hand to answer questions you may have about breastfeeding and point you to additional resources if you're in need of breastfeeding help. If you are exclusively pumping at the time of your visit or have stopped breastfeeding at the time of the 3- or 6-month visit, we will skip this step.



BLOOD AND STOOL SAMPLES

A very small amount of blood will be collected from your baby with a heel stick. We will take precautions to make taking a blood sample as painless as possible. We will also obtain a stool sample from your baby, which may be collected before or during the visit.

MILK COLLECTION

About two hours after you breastfed your baby, the study coordinator will provide you with a milk collection kit and Symphony pump. You will pump milk from one breast. We will use this milk for our analyses.



MEASUREMENTS

You and your baby's body will be measured in several different ways. Your height and weight will be measured just as they are in your doctor's office. We will use specialized equipment to measure your baby's height, weight, and body composition—a device called a PEAPOD at 1 and 3 months, and a low-radiation X-ray machine called an iDXA at 6 months. Your baby's resting metabolic rate will also be measured using a special device at 1 month.