

GOODNEWS



COMBO families are making an amazing impact



We're thrilled to share that most of what we've learned about mom & baby health is reassuring. You've even helped change hospital policies!

But we are starting to see signs that being born during the pandemic may be impacting children's development as they grow. As COMBO kids head toward school, **we need to keep learning about their development so that we can support them.**

Science can move slowly. But since COMBO is often the very first study to publish important findings, you are helping to comfort parents faster when results are reassuring, and alert doctors and scientists as soon as we see that something needs a closer look.

We're so grateful for all we've done together so far, and for the important discoveries to come.

Dani Dumitriu

Director of COMBO

You've helped comfort parents everywhere

If mom had Covid while pregnant, babies:

- do not need to be separated from mom
- are not likely to get Covid from mom before or after birth, or from breastfeeding
- are just as happy as babies who were not exposed to Covid during pregnancy
- develop just as well as other babies in learning & understanding, language, movement, healthy behavior & emotions

Our research appears in



WHAT'S INSIDE FOR YOU

HOW ARE PANDEMIC BABIES & CHILDREN DEVELOPING?

WHAT HELPS MOMS SLEEP BETTER & HAVE MORE ENERGY?

COMBO KIDS GETTING READY FOR SCHOOL!



You helped reunite millions of moms & babies!

Thanks to you, COMBO's research showed that it's safe for moms and newborns to stay together & breastfeed, even if mom has Covid.

That helped us end national and global policies of separating moms & babies in the hospital.

COMBO families are making a BIG difference!

What we've learned about moms' stress

When moms felt very stressed during their baby's first 4 months, babies had a harder time with emotions & behavior, as well as tuning into their moms (at 6 months).

You're not alone

The first years of the pandemic were stressful for moms, whether or not they had Covid during pregnancy.

If you felt stressed, depressed, or anxious, **you're not alone** — especially if you were separated from your baby.

GOOD NEWS about sleep

When babies aren't sleeping well, moms don't sleep so well either.

But you helped us learn that social support & self care help moms with energy levels and sleep (pregnant and postpartum).

Let's connect!

Once your child turns 4 or 5, we'll reach out to schedule an extra fun video visit!

Have questions? Email us any time at NewbornCovidStudy@cumc.columbia.edu

What's ahead in video visits with your 4 & 5 year-olds

Expect extra fun activities to keep curious minds engaged:

- get new toys & games
- make memories as a family
- learn new ways to connect



More needs to be done

Our research shows that babies born during the pandemic may be slower to reach some milestones, such as small movements (like picking up a Cheerio), big movements (like throwing a ball), and social skills, **even if mom never had Covid**.

GOOD NEWS about development

“These children can catch up, but we need to learn more about how to support them as they grow.”

says Dr. Dumitriu in the New York Times.

Let's keep discovering!