**CRADLE (Community-enabled Readiness for first 1000 Days Learning Ecosystem)**

With the onset of pregnancy, there is a great need to ensure expectant parents are aware and are able to cope both with the developing pregnancy as well as prepare well, both mentally and psychologically for optimal nurturing of the baby – especially in the first 1000 days. Young parents today have parenting self-efficacy challenges and many, especially first time parents, require engaged effective support in their parenting journey – particularly in the face of the digital tsunami of advice and opinions, much of it subjective and un-corroborated, thereby creating confusion.

Studies have shown that there must be optimal nurturing during the pregnancy journey - in nutrition and psychosocial factors, both for the mother-to-be as well as for the growing foetus. Optimal nurturing involves ensuring optimal nutrition and ensuring an overall healthy environment for the pregnancy – both physically as well as psycho-socially and mentally for the pregnant mother.

CRADLE (Community-enabled Readiness-for-1000-Days Learning Ecosystem) is a study looking into how we can better enable our first time families to be better prepared for the first 1000-days of pregnancy for first time families.

We would like to engage with you during the first 1000 days of the pregnancy to track and monitor the challenges your family faces during this period, in particular with regards to :

1. Your Parental Self-efficacy
2. Your Overall Health
3. Your Breastfeeding self-efficacy (where applicable)
4. The physical growth of the baby during and after pregnancy up to 2 years post-gestation

We will engage you at the following 8 time points :

* Entry into prenatal care
* 3rd Trimester
* At postpartum checkup
* 6 months postpartum
* 12 months postpartum
* 18 months postpartum
* 24 months postpartum &
* 32 months postpartum

Participating in this study involves completing standardised questionnaires during each survey. Each survey should take about 15-20 minutes.

The survey will ask you about your overall health (including breastfeeding self-efficacy if applicable) and your parental self-efficacy and also the physical growth of your baby during and after pregnancy – up to 2 years post gestation.

We believe that your inputs will help us better determine how to better ensure the first 1000-days of pregnancy can be optimised for our families.

This information will remain confidential. Every precaution will be taken to ensure confidentiality. This study has been approved by our Centralised Institutional Review Board (CIRB) at KKH.

Participation in this study is voluntary. If you decide not to take part or if you change your mind later there will be no penalties or loss of any benefits to which you are otherwise entitled. You can stop the questionnaire at any time.

If you have any questions regarding the questionnaire, please contact: our KKH team c/o Dr Ng Kee Chong or Assistant Director of Nursing, Ms Thilagamangai at KK Women’s & Children’s Hospital, Singapore, Email :

[Ng.Kee.Chong@singhealth.com.sg](mailto:Ng.Kee.Chong@singhealth.com.sg)

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Thank you on behalf of the KKH CRADLE Study Team,

Dr Ng Kee Chong (Email : [Ng.Kee.Chong@singhealth.com.sg](mailto:Ng.Kee.Chong@singhealth.com.sg))

Ms Thilagamangai (Email : Thilagamangai@kkh.com.sg)

KK Women’s & Children’s Hospital, Singapore

**CONSENT FORM FOR CRADLE**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_ (Name & IC Number) agree to participate in the above CRADLE study.

I agree to a participant of the CRADLE study.

I understand that the information in provide for the CRADLE study will remain confidential and that this study has been approved by the KKH Centralised Institutional Review Board (CIRB).

I also understand that participation in this study is voluntary. If I decide subsequently not to take part or if I change your mind later there will be no penalties or loss of any benefits to which I am otherwise entitled. I can also can stop the questionnaire at any time.

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(Signature of Participant & Date of Signature)

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(Signature of CRADLE Consent Taker& Date of Signature)