



CHIME STUDY UPDATE

The CHIME Study Team is excited to continue the age 6-year in-person visits! Thank you so much to everyone who has already come in for a visit. For those who have an upcoming visit scheduled, we look forward to seeing you this summer!

Here is what you can expect during the visit: a clinician will take your child's vital signs (such as blood pressure and temperature), measure their height and weight, listen to their lungs, examine their skin for rashes, ask you about their skin health, look inside their nose, do a nasal and saliva swab, and do a blood draw. There will also be two breathing tests: one will measure airway inflammation and the other will measure how well your child's lungs are working. The visit will last about 1-1.5 hours and we will compensate you \$150 for your time, travel, and participation. During the visit, we will also give you a kit to collect your child's stool at home. Using pre-paid packaging, you can mail the package through regular mail.

If going to a CHIME Study site for an in-person exam is not an option for you at this time, but you would like to continue participating, we can conduct a virtual visit with you over Zoom, directly from your home. The virtual visit includes a nasal swab, a saliva swab, a stool sample, a skin exam, and questions about your child's general health.

If you are interested in participating in either the in-person or virtual visit, please call us at 855-91-CHIME(24463) to learn more and schedule a visit.

IN DEPTH: SPIROMETRY

We want to share more information about one of the breathing tests included in the age 6-year exam. "Spirometry" is a common breathing test that measures how well your child's lungs work using a device known as a spirometer. At the age 6-year in-person visit, your child will be asked to take a deep breath and then blow into the spirometer as fast, long and hard as possible (considered a "good effort"). Once complete, the spirometer's computer will create a graph describing the volume of your child's lungs and how well the air exits the lungs.

After a good effort, your child will be administered albuterol – a medication that relaxes the airways and provides quick relief from wheezing – via an inhaler. Afterwards, he or she will be asked to blow into the spirometer again. We will compare the results before and after the albuterol treatment. If your child has not been prescribed albuterol in the past, please be assured that albuterol is a safe medication for children in cases where there is no allergy, sensitivity, or other medical conditions. We will screen your child for medication allergies and medical history prior to doing this common and safe breathing test. To see spirometry performed, [check out this short video](#).

As a reminder, the spirometry results are for research. Please always consult with your primary care provider if you have any concerns about your child's health. We look forward to seeing you in-person this summer!

GET TO KNOW: Grace Yeboah-Kodie

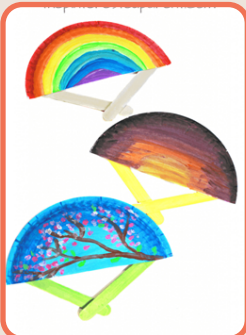


Grace is a Clinical Research Coordinator at Massachusetts General Hospital. She joined the CHIME Study Team in the summer of 2022, after graduating from Harvard University. There, she studied History of Science with a minor in Global Health. With the CHIME Study Team, Grace enjoys working on follow-up calls and meeting study participants at research visits. She especially appreciates the opportunity to be part of a team that is investigating the effects of environmental and social factors on health in early life. She plans to pursue this area of interest in a Master's of Public Health program focusing on maternal and child health. Outside of work, Grace likes taking long walks, playing trivia with friends, and reading. She wants to thank everyone for their participation in the study, and she can't wait to connect with more CHIME families at their upcoming 6-year exams!



To make these fun and easy **sponge sailboats**, start by collecting some dish-washing sponges, wood skewers, construction paper, and kids' safety scissors. First, assist your child in cutting the sponge to the desired sailboat size. Next, assist your child in cutting triangles out of construction paper for the sail of your boat. Once cutting is done, your child can poke a hole into the construction paper using the skewer. Then, your child can poke the other side of the skewer into the bottom of the triangle and through the sponge, connecting the completed sail to the sponge. Once the skewer is attached to both the construction paper and sponge, your child's boat is ready to set sail! Just fill a container with water and accompany your child on a backyard adventure!

For additional instructions, check out this [website](#) or [video tutorial](#).



Your child can cool off on a hot summer day with this creative **paper plate fan craft**! First, gather some white paper plates, popsicle sticks, glue, kids' safety scissors, and paint. Begin by helping your child cut a paper plate in half and allow him or her to paint a colorful design on the plate. If desired, your child can also paint two popsicle sticks for each paper plate they decorate. Then, use the glue to attach the ends of two popsicle sticks together, making a triangle as seen in the photo. Finally, glue the other ends of each popsicle stick to the back of the decorated paper plate, and leave the completed fan to dry for a few hours. Once dry, your child's fan will be ready for an outing in the sun!

For additional instructions, check out this [website](#).

Whatever your child's age, the Coordinating Center staff will be calling you to learn more about your child's health. These calls typically take about 5 to 15 minutes. We look forward to talking with you!