



Healthy Development Adelaide
A Research and Innovation Cluster in South Australia

CONGRATULATIONS TO OUR 10TH COHORT OF HDA SCHOLARS!!

*** Jessica Judd ***

*** Carl Campugan ***

University of Adelaide

Congratulations to the Healthy Development Adelaide (HDA) and the Channel 7 Children's Research Foundation (CRF) PhD Excellence Award winners for 2021.

We thank the CRF for its ongoing financial support of the PhD Excellence Award and its partnership of 14 years helping HDA to foster research excellence and career development in South Australia.

The successful applicants, our 10th cohort will each receive \$5,000 per annum for 3 years to augment their scholarships.

*Read more about our
Scholars on the
next page....*

OUR PARTNERS

PLATINUM



GOLD



SILVER



Government of South Australia
Department for Education



Government of South Australia
Women's and Children's Health Network



Women and Kids



Government of South Australia
Department for Child Protection

BRONZE



Healthy Development Adelaide (HDA) and the Channel 7 Children's Research Foundation (CRF) PhD Excellence Award winners 2021

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Jessica Judd is a PhD candidate within the BetterStart Child Health and Development Research Group in the School of Public Health at the University of Adelaide.

Jessica's research project '**Mental health and related service and support use among children experiencing different adversities**' focuses on mental health related service and support use among children experiencing different adversities, homelessness and contact with the child protection system.

Ultimately, Jessica hopes to inform policy decision makers and improve access to mental health services and supports for children and adolescents experiencing adversities. Her project uses the Better Evidence Better Outcomes Linked Data (BEBOLD) platform to examine groups of children in South Australia who have a higher prevalence of poor mental health.



Carl Campugan is a PhD candidate within the Robinson Research Institute, University of Adelaide and Faculty of Engineering, University of Nottingham.

Carl's research project '**Utilizing light and sound in Assisted Reproductive Technologies**' aims to focus on investigating how light and sound trapping techniques can be used in current Assisted Reproductive Technologies.

Ultimately, Carl hopes that with this research, a better understanding of optimal in vitro culture conditions can be achieved, conditions that can hopefully assist families in achieving successful pregnancies when using Assisted Reproductive Technologies.

HDA SCHOOLS COMMUNICATOR OUR 1ST SESSION HAS KICKED OFF!



Anya Arthurs presented her first HDA Schools Communicator talk last month to Year 10 students at Gawler and District College.

Following the talk, Anya had 10 students stay behind to ask questions about her work or how to get into a particular STEM career (most were research based) and three teachers provided very positive feedback.

The goals of this program:

To help our emerging researchers communicate their research to high school students in years 10, 11 or 12.

To raise awareness of, and get high school students excited about, health science / science career pathways.

RECENT HDA EVENTS WE'RE BACK WITH 'LIVE' EVENTS!!



Pictured l to r: Damien Riggs, Lisa Porter, Sue Nichols, Carol Maher, Kobie Boshoff, and Alexandra Diamond

We held our first 'live' 'in-person' event this month on **Parenting, Family Diversity and Nurturing Healthy Children**. We had close to 100 registrants - thank you to our members and supporters it's great to see you again!

A special thank you to our speakers and chair Carol Maher who was also our COVID-Marshall for the evening, Anna Kontos, HDA Co-Convenor assisting on the night and our UniSA masters student helpers Celine Northcott and Jini Lagiseti for making this a COVID-SAFE HDA event!

OUR SPEAKERS

- A/Professor Sue Nichols, Senior Lecturer, UniSA Education Futures, University of South Australia - Doctors, friends and Google: Parents using child health information
- Dr Kobie Boshoff, Senior Lecturer / Lisa Porter, Lecturer OT, Allied Health & Human Performance, University of South Australia - Unheard voices: Parents' health service experiences supporting their children with disabilities
- Professor Damien Riggs, ARC Future Fellow, College of Education, Psychology & Social Work, Flinders University - Men, trans/masculine, and non-binary people's experiences of pregnancy loss
- Ms Alexandra Diamond, Lecturer in Early Childhood, UniSA Education Futures, University of South Australia - Learning from community cultures: Families' concepts of healthy development

OUR CHAIR

Professor Carol Maher (HDA Co-Convenor), Professor of Population & Digital Health, Medical Research Future Fund, Investigator / Deputy Director of Alliance for Research in Exercise, Nutrition and Activity

STAY TUNED FOR OUR MAY EVENTS COMING TO YOUR EMAIL SOON!!

TAPPING INTO GREATER WORK-LIFE BALANCE HDA MEMBER, LAREEN NEWMAN PHD



We all know work-life balance is important as stress increasingly takes a toll on our health, relationships and lifespan. In Australian universities, for example, the NTEU says 75% of professional staff report medium to extreme work-related stress and 65% have experienced illness because of it. Down-time and rest outside of work are important for concentration and performance (<https://www.apa.org/monitor/2019/01/break>) but many of us struggle to juggle work and life.

Whether you're an adult or adolescent, we all need easy ways to manage stress, and trying to achieve work- or study-life balance can feel like a problem in itself! Clients often say to me "I simply must relax more after work, but I just can't!".

Many people *want* work-life balance but struggle to get it because years of habit maintain the status quo. They can be so familiar with this imbalance that change feels too hard or unsafe. For example, with checking emails: even if your logical brain promises you won't check work email after-hours, behind the scenes your emotional brain is probably worrying what people will think if you don't respond immediately, feeling scared that you'll miss something important, or feeling guilty if you relax instead. According to Prof Gerald Zaltman, 95% of your thinking occurs behind the scenes, which is where these beliefs and habits sit. (<https://hbswk.hbs.edu/item/the-subconscious-mind-of-the-consumer-and-how-to-reach-it>)

But there is a way to change these without needing willpower! Busy people often struggle to switch off to do meditation, mindfulness or yoga well enough to attain more balance between their work and homelife. So if you'd like to try something new that will reduce your stress and also open space for greater balance, then EFT Tapping - Emotional Freedom Techniques - might be for you!

EFT is a practical tool of self-applied acupressure that calms mind and body. It developed 25 years ago and Australia's Psychologist of the Year 2020, Dr Peta Stapleton, is now reporting EFT to be 3 to 6 times faster than most other approaches. EFT often works better because it doesn't just give you a stress-break. It also transforms the habit pathways in your brain so then you more easily change your feelings, thoughts and behaviours.

Alongside thousands of case studies worldwide over several decades, over 250 peer-reviewed studies, meta-analyses and 50 RCTs now demonstrate EFT's effectiveness for stress-reduction. In 2000, research showed that tapping on acupoints signals your brain's fear centre to dial down the stress response (see Leskowitz 2018: <https://www.liebertpub.com/doi/10.1089/acm.2018.0073>). Recently the world's first fMRI scans showed "before-and-after" images of tapping calming the brain (Stapleton et al 2018 <https://www.lidsen.com/journals/icm/icm-04-01-010>) while other studies show that 1 hour of tapping reduces salivary cortisol by over 43% (Stapleton et al 2020 <https://pubmed.ncbi.nlm.nih.gov/32162958/>), and that it can improve significant health biomarkers (Bach et al 2019: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6381429/>). For these reasons, EFT is gaining more interest in health systems, schools and governments. Studies show its effectiveness for reducing PTSD (<https://pubmed.ncbi.nlm.nih.gov/27889444/>) and over 20,000 US war veterans no longer register on PTSD clinical scales. It has been used for humanitarian recovery in Rwanda and Haiti, and is increasingly used in classrooms for teachers and students. Adelaide's Laurel Hospice at FMC now has an EFT practitioner on their Wellbeing service to provide stress-relief for patients and family.

But let's get back to the desire for better work-life balance... If you really want to get emotionally unstuck and find better and lasting balance, you could consider engaging an EFT practitioner to guide you. However, anyone can do basic tapping anywhere anytime – it's easy stress-relief literally at your fingertips! You could even try tapping right now - <https://tappingintoserenity.com/tapping-videos-and-news>

Dr Lareen Newman joined HDA way back in its early days in 2005, just as she was finishing her PhD at the University of Adelaide. Lareen now works as a women's coach for stress-release and emotional therapy, helping academic and professional women to find better work-life balance. To find out more about Lareen visit: www.TappingIntoSerenity.com

- Read more research about EFT: <https://tappingintoserenity.com/research-evidence>
- Join a 4-week *Online Tapping Group for Academic Women* (starts 13 April): <https://tappingintoserenity.com/tapping-group-academic-women>

COMMISSIONER FOR CHILDREN AND YOUNG PEOPLE SA MENSTRUATION MATTERS REPORT

Action on menstruation matters much more than we think. In my latest report **Menstruation Matters**, I have taken an in-depth exploration of the impact menstruation has on South Australian school aged children and young people who have periods.

As one of the first reports to explore the issue in depth, it is clear that menstruation has wide-ranging impact on children and young people. Therefore the onus is on all sectors of society - government, education, business, health, and community - to recognise menstrual wellbeing and dignity as a systemic issue that is fundamental to children's rights, central to economic productivity, and crucial to achieving gender equity across the State.

Lack of comprehensive menstrual education means significant numbers of children and young people are not equipped to manage their period in a way that enables their full participation in school, sport, work, and life.

I invite you to read the "Menstruation Matters" report and reflect on the comments made by children and young people, then do what you can to raise awareness of this issue across your spheres of influence by demanding better menstrual education and menstrual management approaches within both our schools and workplaces.

Go here to read the report <https://www.ccyp.com.au/ccyp-reports>

Helen Connolly
SA Commissioner for Children and Young People

CHILD DEVELOPMENT COUNCIL

We asked children around the world what they knew about COVID. This is what they said
We know a good deal about the physical effects COVID-19 has on children, but the impact on their mental and emotional well-being is less well understood.

Towards a National Child Wellbeing Strategy

National Children's Commissioner Anne Hollonds speaks about Australia's once-in-a generation opportunity to reset the national approach to early childhood wellbeing.

Australia's first social impact bond launches in SA after interstate success

Launch of Newpin program in South Australia aims to reunite parents with children in out-of-home care.

The Power of Play

Play is a serious business. Through play, children can imagine different realities; move away from immediate worries they may have, engage with big life questions, and dream of their future.

Digital lives of Aussie teens

This research provides a glimpse into the digital lives of teens, how they deal with negative online experiences, the types of information they need to stay safe online and the positive online behaviours in which they engage.

How gardening at school can tackle child obesity

One potential solution for tackling child obesity is to integrate vegetable gardening in the school curriculum thus addressing low activity levels and modelling healthy eating.

Understanding Motivation: Building the Brain Architecture That Supports Learning, Health, and Community Participation

This paper aims to understand the underlying mechanisms in the brain that develop in childhood and build the foundation for later complex behaviour.

Further information at www.childrensa.sa.gov.au

PAEDIATRIC SLEEP LITERACY IN AUSTRALIAN HEALTH PROFESSIONALS

Abstract and highlights approved by HDA Member Dr Cele Richardson for newsletter publication

Paediatric Sleep Literacy in Australian Health Professionals

Richardson, C.¹, Ree, M.¹, Bucks, R. S.¹ & Gradisar, M.²

¹ School of Psychological Science, Faculty of Science, University of Western Australia, Perth, Australia. ² College of Education, Psychology and Social Work, Flinders University, Adelaide, Australia.

Highlights

- Paediatric sleep literacy in Australian health professionals is currently unknown.
- Participants reported <5hrs of formal sleep education in higher education training.
- Participants answered <50% of paediatric sleep knowledge questions correctly.
- Many health professionals do not routinely screen for paediatric sleep problems.
- Results may inform clinical sleep medicine training reform in Australia.

Abstract

Objective: This study aimed to provide the first estimate of sleep knowledge, practices, and attitudes regarding paediatric sleep in Australian health professionals.

Methods: 263 Australian health professionals (medical practitioners, nurses, psychologists, social workers, occupational therapists, pharmacists, dentists and sleep coaches) completed an anonymous survey.

Results: Clients with sleep disorders were commonly encountered by health professionals, yet professionals reported little time spent on clinical training in sleep medicine at the undergraduate (~1-5hrs) or post-graduate (~0.5-3.5hrs) level. Health professionals reported seeking continuing professional development (CPD) in sleep (~6+ hrs), and CPD had the most influence on health professionals' practice, relative to other sources of information. Over half of health professionals (~56-58%) reported that they were not trained in sleep measurement (i.e., sleep diaries and questionnaires), or how to take a sleep history. On average, professionals answered less than half (44.5%) of paediatric sleep knowledge questions correctly ($M=13.35$, $SD=6.03$). Approximately one third of health professionals reported not routinely screening for sleep disorders in paediatric patients and many did not routinely recommend evidence based treatments. The impact and importance of paediatric sleep was well recognised, but sleep was considered less important than a healthy diet and exercise.

Conclusions: Results from the current study highlight key knowledge gaps regarding paediatric sleep across a wide range of Australian health professions, and may inform future efforts to reform clinical sleep medicine training in Australia.

STRONGER FUTURES ABORIGINAL FAMILIES STUDY

The Aboriginal Families Study is a prospective mother and child cohort study investigating the health and wellbeing of 344 Aboriginal children and their mothers living in urban, regional and remote areas of South Australia. The study was developed in response to gaps in the available evidence to inform health policy and services, and was preceded by extensive consultation with Aboriginal communities and services in South Australia. The study is being conducted by the Intergenerational Health Group at MCRI in partnership with the Aboriginal Health Council of South Australia and the South Australian Health and Medical Research Institute. Major areas of focus include: maternal health and wellbeing; children's health, wellbeing and development; engagement with health services; and connections to family, community, culture and language.

The following two Policy Briefs report preliminary findings from follow-up around the time that the study children were starting primary school:

- Policy Brief #6: Social health issues – time for action
- Policy Brief#7: Health consequences of family and community violence.

They are available on the web:

<https://www.strongerfutures.org.au/aboriginal-families-study>

TOO MUCH SCREEN TIME DELAYS SCHOOL READINESS

Media Release - 4 March, UniSA



Too much screen time and a penchant for computers is playing havoc with children's school readiness, as new research from the University of South Australia shows that modern lifestyles are influencing our young generation's prevalence of developmental delay.

Conducted by UniSA researchers, Dr Kobie Boshoff, Alessia Pivato and Sarah Seekamp, the study explores the concerns of more than 100 South Australian preschool directors, finding that an overuse of screen time, in lieu of quality play, is substantially impacting children's development, putting them behind their peers as they start school.

In South Australia, nearly 22 per cent of children are considered to be developmentally vulnerable, where they display a much lower than average ability in competencies such as physical health, behaviours, emotional maturity, language or communication.

Paediatric expert and Director of UniSA's International Centre for Allied Health Evidence, Dr Kobie Boshoff, says reducing children's screen time and replacing it with more developmentally appropriate playtime will help improve poor rates of school readiness.

"School readiness is all about the ability of a child to make a successful transition from preschool into

formal school. But as research shows, nearly one in four South Australian children are not meeting the mark," Dr Boshoff says.

"In our research, preschool directors indicate that families are overusing screens as 'babysitters' and that this could be contributing to lower levels of social skill development, concentration, problem solving abilities and self-regulation – all key skills that improve school readiness. This is acutely important for all Adelaide families and children, but especially so for families living in rural and low socioeconomic areas, where the risk of developmental delay is known to be statistically higher."

In Australia, health guidelines for preschool-aged children (2-5 years) recommend no more than one hour of screens per day, which includes television, computers and smart devices.

"While screen time has certainly become a normal part of everyday life, there has to be a balance, and we must educate parents about the adverse effect of too much screen-time on children's development," Dr Boshoff says.

"Young children need to be spending more time riding scooters, being outside, or playing with traditional toys such as blocks, cars, or puzzles. A balanced, healthy lifestyle incorporating weekly time for physical activity, positive play time with parents and peers and giving children time to develop independence in their daily routines, are some examples of healthy activities for families. The result is that many more preschools have children with greater needs, leaving them in desperate need for early childhood interventions such as occupational therapy, speech pathology and physiotherapy.

"Providing this support is vital to ensure that children have a positive experience of the early years of school and that strong foundations for learning occur from day one. We do need to support our children to make most use of their learning opportunities and if we can get the message out that we all, as a society, need to look out for how our modern lifestyles are influencing our children's development, then perhaps we will start seeing some positive change".

Parents, your kids are watching you. Sex education begins at home.

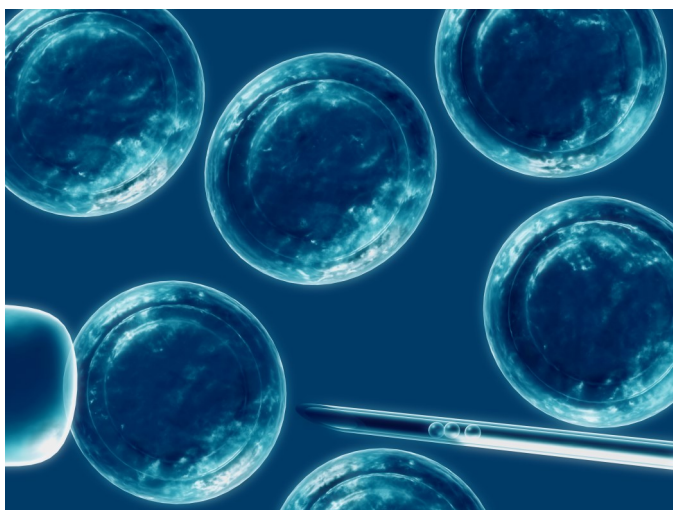
The Conversation - 26 March

Talking to children about gender equality and respectful relationships is important. But parents must also show their children what they expect from them by modelling behaviour that demonstrates their belief in the right of people of all genders to have safe, pleasurable and respectful sexual encounters.

Read the full story here <https://theconversation.com/parents-your-kids-are-watching-you-sex-education-begins-at-home-157502>

NATURAL INSEMINATION IVF IS BETTER FOR OLDER WOMEN STRUGGLING WITH INFERTILITY

Media Release - 10 February, University of Adelaide



Natural insemination (IVF), the process where thousands of sperm are added to an egg in a culture dish to achieve fertilisation, is more likely to lead to a successful pregnancy for older women with infertility than Intracytoplasmic Sperm Injection (ICSI) a new study from the University of Adelaide and Repromed has found.

One in every 25 children in Australia is born by assisted reproductive technologies, with ICSI currently being used to achieve fertilisation in two-thirds of these. ICSI is performed as an additional part of an IVF treatment cycle where a single sperm is injected into each egg to assist fertilisation using very fine micro-manipulation equipment.

In older women, where fewer eggs are retrieved in each cycle, it is common practice to perform ICSI in the hope that this will optimise fertilisation rates.

While introduced primarily in Australia for severe male factor infertility, today ICSI is often used in preference to standard IVF insemination in couples without male factor infertility.

University of Adelaide researchers reviewed 10 years of first cycle data from Adelaide IVF clinic Repromed from patients aged over 35 and discov-

ered that, in cases that didn't involve male infertility, using natural insemination IVF rather than ICSI increased the chance of a having a baby over ICSI by more than 50%.

Lead researcher, Dr Nicole McPherson from the Robinson Research Institute and Freemasons Centre for Male Health and Wellbeing at the University of Adelaide, said the findings supported the use of routine IVF as the preferred insemination technique for older women struggling with infertility when their partner has normal fertility.

"A reason why standard IVF insemination in couples with advanced maternal age and non-male factor infertility may increase their chances of having a baby is because it still allows natural selection of sperm with optimal DNA health," she said.

"With ICSI, sperm even with highest degrees of DNA damage can be chosen and result in fertilisation, but poorer embryo quality and reduced pregnancy rates."

Alternatively, Professor Kelton Tremellen, Medical Director of Repromed, believes that "removal of the support cells attached to the egg before injecting a sperm (ICSI), a procedure that is not required in natural insemination, may rob the older egg of growth factors secreted by these support cells".

Professor Tremellen said, irrespective of the underlying cause, the data shows that ICSI should not be used in older women unless sperm quality mandates this treatment.

Dr McPherson said, moving forward, it was important to understand how to increase clinician and patient confidence that standard IVF insemination in women of advanced age is a viable option.

"We suggest that clinics should have a policy of either a split IVF/ICSI insemination in their first cycle to check for the potential for fertilisation and only perform ICSI insemination in subsequent cycles if standard IVF insemination fertilisation rates are below 50%," she said.

Youth anxiety and depression are at record levels. Mental health hubs could be the answer.

The Conversation - 22 March

The COVID pandemic has shone a light on the ongoing decline in young people's mental health. Psychologists have warned if we don't start to address the mental health emergency of young people's anxiety and depression, it may become a "trans-generational disaster".

Read the full story here <https://theconversation.com/youth-anxiety-and-depression-are-at-record-levels-mental-health-hubs-could-be-the-answer-154722>

JUNIOR SPORTS UPHILL BATTLE AFTER COVID-19

Media Release - 30 March, Flinders University



South Australian junior sport clubs face an uphill battle to survive in the wake of COVID-19 but investment in additional resources, tools and policy development will encourage community sporting clubs to reengage young people.

New research involving interviews with players and parents, coaches and administrators across South Australia paints a confronting picture about the impact of the pandemic on the mental health and physical activity of young sport participants. The research also identified the real challenges many smaller clubs face in re-engaging volunteers back to the sector.

The research, published in BMC Public Health, the second largest public health journal in the world, states the importance of investment in additional resources to rebuild a knowledgeable, skilled and agile sports sector to ensure the future of youth sport in Australia, particularly as small organisations recover from the social, developmental and financial impact of the pandemic.

Lead researcher Dr Sam Elliott, from the Centre for Sport, Health, Activity, Performance and Exercise (SHAPE) says the study sought to investigate an authentic understanding about the impact of the pandemic on youth sport across the state, including the impact of new social distancing policies, strict return to play protocols and regulated training regimes which have impacted how communities engage with sport.

“We asked junior players all the way up to senior executives – and found they all perceived a signifi-

cant decline in mental health brought on by COVID-19.”

“Parents and coaches perceived more severe mood changes among children, describing symptoms such as becoming easily annoyed, upset and angry as a result of these changes with many losing motivation for sport all together.”

“This highlights an important point that while many children have returned to sport, our industry needs to ask questions about the children and families who have not, why, and what can be done to reconnect them with sport”.

The results highlight the need for improved preparation for future disruptions because many parents don't feel they have the skills or confidence to maintain their kids activity or connection to sport. The findings also prompt sporting clubs and organisations to think about how families and volunteers will be re-engaged as restrictions are lifted.

“The return to sport is highly regulated to ensure that clubs and participants comply with strict COVID policies. However, this may impact the overall enjoyment and experience of sport for young people, especially those who prefer a “pre-COVID” sporting life.”

“Our findings extend to volunteers, who contribute just shy of \$5B annually to the nation. While many will naturally return with enthusiasm and energy, other volunteers, which are typically parents involved in youth sport, may be less inclined for a variety of reasons.”

The junior sport study identified concepts, dubbed the four ‘Rs’, which can advance theoretical understanding about the pandemics immediate and future impact on youth sport participation, including:

- Recognising struggle
- Reconnection
- Re-engaging after restrictions
- Reimagining sport

Dr Elliott says the findings show it's important for community sporting organisations to reconsider the message they want to send to potential players and families.

“The social nature of community sport could be ‘branded’ as improving social, mental, and physical health, and with a ‘new’ focus on how fun and enjoyment and the competitive nature of sport can co-exist as part of a holistic sporting endeavour. In this way, sporting clubs serve a more comprehensive purpose for youth sport stakeholders and the wider community.”

CENTACARE - CATHOLIC FAMILY SERVICES: POST-SEPARATION PARENTING COURSE *DEALING WITH CHANGE AFTER SEPARATION*



A workshop for separated parents wanting to understand and manage the changes in their family.

Parents and children who are living apart often have to deal with the stress of the breakdown of the family as well as making difficult decisions about parenting. The risk of separation impacting negatively on children's well-being is directly associated with parental conflict, parental distress and multiple changes in family structure. Some outcomes include greater levels of poverty, lower educational attainment, poorer health, higher levels of behavioral problems and depressive symptoms and higher levels of smoking, drinking, drug abuse and teenage pregnancy.

Centacare's Post-Separation Parenting Course aims for parents:

- To better understand the effects of separation on children
- To better understand developmental needs of children
- To develop more strategies to help children through the separation
- To gain a better understanding of how mediation may help and what will assist you

The Post-Separation Course helps parents develop strategies to allow their children to:

1. Be children
2. Be reassured that both parents love them
3. Have fun – laughter is a great healer
4. Know that we respect their right to love both parents
5. Know that we understand their feelings
6. Be given time and space to cope with the changes
7. Be Listened to
8. Maintain relationships with the extended family
9. Be kept out of the middle of conflict
10. Have an understanding of what is happening at an age appropriate level
11. Know that the separation is not their fault
12. Have consistent care and routine

Available sessions:

Wednesday 14 April 6:00pm-8:00pm

Friday 7 May 10:00am-12:00pm

Location: 45 Wakefield Street, Adelaide

(This course is also offered at our Salisbury and Murray Bridge sites - please contact Centacare on 8215 6700 for further details)

Bookings essential.

Please contact Centacare on **8215 6700** or email your details to registrations@centacare.org.au

Cost: \$5 per person.

For further information or enquiries please contact Pascale - Family Advisor on 8215 6700 or email fd@centacare.org.au

This project is jointly funded by Centacare Catholic Family Services and Department of Social Services.

BECOME A FULL MEMBER TODAY FOR ONLY \$20 A YEAR OR \$50 FOR 3 YEARS (GST EXCLUSIVE)

The vastly subsidised fees offer great value for money and unlock some of the following member benefits for you:

- Access to travel grants (PhD students / early career researchers)
- Access to PhD scholarships for your students
- Eligibility to apply for HDA research awards
- Build relationships with people working in areas relevant to the health and development of young children and adolescence
- Contribute your knowledge and expertise to make a difference

***** Support HDA into the future *****

We sincerely value your membership contribution and supporting HDA into the future.

Please go to the link below to **BECOME A FULL PAYING MEMBER**:
<https://health.adelaide.edu.au/healthy-development-adelaide/get-involved>

NEWSLETTER SUBMISSIONS:

**GET YOUR RESEARCH, NEWS, MEDIA RELEASES,
RECRUITMENT TRIALS, EVENTS OUT THERE!!**

SUBMISSIONS BY END MAY FOR OUR NEXT ISSUE OUT IN JUNE

SOCIAL MEDIA SUBMISSIONS (TWITTER, FB AND LINKEDIN): SUBMISSIONS OPEN ANYTIME

SUBMISSIONS MUST ALIGN WITH HDA:

We aim to promote, facilitate and enable multidisciplinary research to advance understanding of healthy development, ensuring the physical, psychological and social health of infants, children and adolescents.