

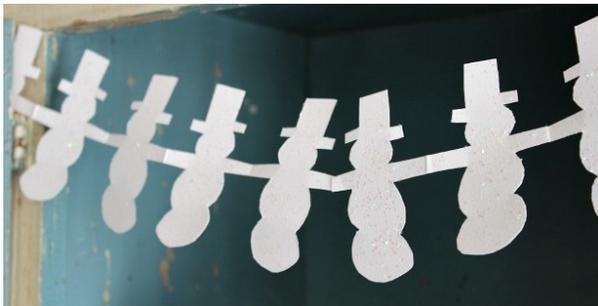
## WINTER 2021

### Winter Activities

#### Snowman Garland:

What you will need: scissors, paper, pencil, tape, markers (optional)

Help your child embrace the winter season with this paper snowman garland! Begin by folding a sheet of paper in half (hot-dog-style) and cutting the paper into two pieces along the folded crease. Next, take one of the smaller halves of paper and fold it in half so that the shorter edges meet (hamburger-style). Then, lay your folded paper flat and take one flap and fold it back so that the edge of the paper meets the crease. Flip and repeat with the other edge. Now it should look like a mini-brochure or an "M" when standing the paper sheet upright. Next, use a pencil to draw the outline of a snowman with arms, like in the picture. Cut out the snowman from the folded set of paper, but do not cut the part of the edges where the arms end. Gently unfold to reveal the garland! Feel free to repeat these instructions to make as many snowmen as desired, and when you and your child are satisfied, link the separate strands with tape!



#### Paper Snowflakes:

What you will need: scissors, paper, protractor (optional) (tip: thin or lightweight paper is easier to cut, but a heavyweight paper, like cardstock, is better for decorating!)



Here's another fun craft to try while it's cold! To start, have your child cut a standard 8x11 sheet of paper into a square by folding the paper into a right-angle triangle and trimming off the excess. Next, fold the right-angle triangle once more so that the pointed corners meet. Then, fold the triangle into thirds so that both the lefthand pointed corner and the righthand pointed corner overlap the triangle. This step can be the most tricky, so you may want to give your child a protractor to help divide the triangle into three equal sections! Once the paper triangle is folded into thirds, cut horizontally across the bottom in order to trim off the pointed ends. Now it's time to accessorize! Have your child cut various small lines and curves into the folded paper. Once they are satisfied with their cutouts, gently unfold the paper to reveal the snowflake design! Remember, no two snowflakes ever exactly alike, so feel free to make several unique designs for decorations!

### STUDY RESEARCH UPDATE: FINAL IN-PERSON VISITS

Thank you for your continued participation in the WIND Study! We greatly appreciate your willingness to stay engaged with us, especially with all that is going on right now. We hope everyone is staying safe during the COVID-19 pandemic. Although the pandemic forced all study sites to shut down for research visits for several months, most have now reopened. Our coordinators have resumed reaching out to schedule the final (age 6-year) exam visits, but we encourage you to contact us at 1-855-815-WIND (9463) or [windstudy@partners.org](mailto:windstudy@partners.org) to schedule your visit. While it's hard to know what the future has in store, please know that our team is working hard to evaluate different ways to safely continue our work with you. One option available is a virtual visit in which we will do a telehealth visit with you and your child.

We truly appreciate your responses to the spring and winter COVID-19 surveys from last year. During the spring, just a few states were hard-hit by COVID-19. Since then, the virus has spread across the U.S. With all states now affected, we decided to reach out to you one final time to see how you and your family are doing.



## Get to Know: Rachel Linfield

Rachel is a new Clinical Research Coordinator at Massachusetts General Hospital and is excited to be a part of the WIND Study. Her favorite part of the WIND Study is reaching out to parents and getting to know more about how their children are doing! She graduated from Princeton University with a degree in the History of Science. She hopes to attend medical school and pursue research in women's health. She loves working for the WIND Study because she hopes this research will help prevent children from developing asthma in the future. A fun fact about Rachel is that she is one of seven children and has lived in seven different states. She is so excited to continue reaching out to all participants and help coordinate research visits!

## IN-DEPTH: STOOL AND THE GUT MICROBIOTA

The WIND Study investigates the association between children hospitalized with bronchiolitis and the possible development of breathing problems. So... have you ever wondered why we ask you to collect a stool sample?

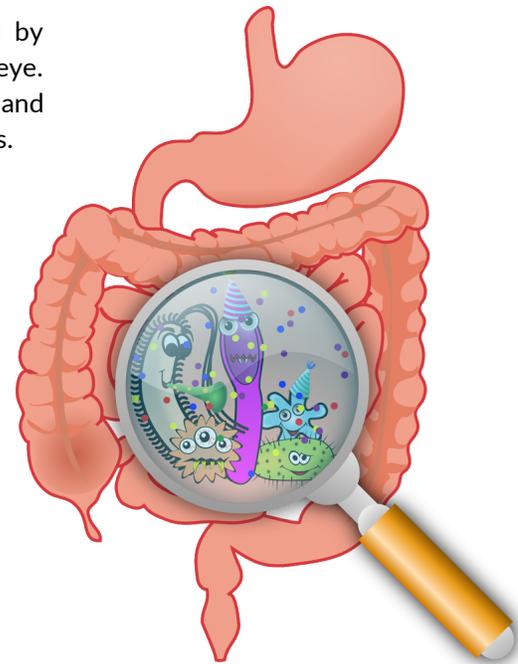
Stool samples contain important information about the microbiome, a term used by scientists to describe organisms like bacteria that cannot be seen with the naked eye. Although we typically associate bacteria with illnesses, microbes with both positive and negative effects on our health are located throughout our body, including our intestines.

Collectively, microbes in our digestive system are called the gut microbiota, containing tens of trillions of different microorganisms. One-third of microbes in our gut are shared by most people, but the rest are unique to each person. The gut microbiota has important functions in the body, including digestion and the immune system, but it may also have connections to many diseases, including infant bronchiolitis and childhood asthma.

Stool contains some of the microbes living in each person's gut, and stool samples provide a glimpse into an individual's unique microbes. Furthermore, the gut microbiota changes over time, so collecting stool samples over time helps us track these changes. Studying stool samples, which you collect using kits sent by the WIND Study, will help us connect specific microbes living in the gut to childhood illnesses.

We are so thankful to the hundreds of participants who already have returned stool samples to us, and we look forward to receiving your samples in the future! If you are interested, you can find some of the WIND Study's findings from stool samples in [this paper](#), and please reach out to our WIND Study coordinators at 1-855-815-WIND (9463) or [windstudy@partners.org](mailto:windstudy@partners.org) if you have any questions.

Websites: <https://www.gutmicrobiotaforhealth.com/en/about-gut-microbiota-info/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6699480/>



## CONTACT US!

Do you have any questions about the WIND Study?  
Did you recently move, or change your phone number or e-mail?  
Please let us know so we can stay in touch. Call or e-mail us anytime!

Call: 1-855-815-WIND (9463) or Call/Text: 857-331-3961

Email: [windstudy@partners.org](mailto:windstudy@partners.org)

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