***Growing Up in New Zealand*** **- Q&As**

**What is *Growing Up in New Zealand*?**

*Growing Up in New Zealand* is a contemporary longitudinal study of child development. It has been specifically designed to reflect the diverse lives of children growing up amidst the cultural, economic, societal and technological complexity of 21st century New Zealand.

The study is following a cohort of more than 6,800 children from approximately 12 weeks before birth until at least the age of 21. The study is particularly interested in finding out what works to confer resilience and optimise child development.

*Growing Up in New Zealand* is headed up by Research Director Associate Professor Susan Morton and Associate Director Professor Cameron Grant.

**Who is the *Growing Up in New Zealand* generation?**

The children who comprise the *Growing Up in New Zealand* cohort were born in 2008 and 2009 and were recruited from within greater Auckland, Counties Manukau and Waikato District Health Board areas. Children and families generously give their time to the study for free, with data collection waves taking place every two to three years.

**What is a data collection wave?**

A data collection wave involves gathering information from the participant children and families. *Growing Up* parents were first interviewed before their children were born. A data collection wave takes place every two to three years.

At each data collection wave, information is collected across six key areas:

* health and wellbeing
* psychosocial and cognitive development
* education
* family/whānau
* culture and identity
* societal context and neighbourhood environment.

For each family involved, data collection to date has involved:

* eight face-to-face interviews
* six telephone interviews, and
* two web-based interviews.

Each data collection wave provides a snapshot of a single point in time. Each data collection wave is also carefully designed to fit together with what has been gathered before and what will be gathered at the next collection. This is what aids understanding of the developmental pathways children follow and how what happens in early life can influence the outcomes we see in adulthood.

**What has the study found out so far?**

Information from *Growing Up in New Zealand* has provided insights into a diverse range of areas such as paid parental leave, immunisation, family housing and mobility, household safety, participation in Early Childhood Education and pre- and post-natal depression among fathers. Growing Up in New Zealand’s newest report is due to be released mid-year.

*Growing Up in New Zealand* reports, policy briefs and scientific papers are available to view on the website: [www.growingup.co.nz](http://www.growingup.co.nz)