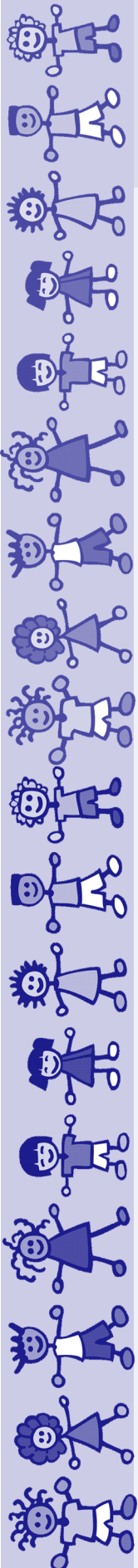


Twins Family & Behaviour Study

Welcome to the third edition of our newsletter for parents. This is our chance to tell you more about the progress of the research which you are making possible.



For some of you, it may feel like a while since we were last in touch, so we do apologise for that - rest assured we have been very busy!

What a lot of information!

As part of our study, you have been telling us about your family life since before your TFaB twins started school. That may feel like a long time ago now!

With thanks to all our families for their hard work and commitment to the study, we now have a lot of information. We have hundreds of questionnaires, telephone interviews, and Skype videos from mothers, fathers, guardians and other carers from all over the UK:



Questionnaires from when the children were ~3½ years old and 6 years old

Telephone interviews from when the children were ~4½ years old

Videos of adults playing with their ~5½ year old children online

What is happening to this information now?

Everything we have collected from you helps us understand more about being a family with young twins. But it takes a lot of time to process – the TFaB bees are still busy coding interviews and videos, and entering the data. Some of the information is ready now, and we are working hard on interesting research questions, analyzing our findings, and writing reports.

We are delighted to say that we are starting to see some very stimulating findings!

Talks in the UK & Amsterdam...

This year we presented TFaB to academics at home and abroad.

In particular, we demonstrated our Skype game, which is the first of its kind. It's always lovely to present to a room of colleagues and see lots of nodding heads! We were delighted to find that other academics were very interested in our findings and our techniques.



Amsterdam is beautiful!

On our way to the Life History Conference to present our work

We are in the news...

One of our academic papers was released recently (5th December, 2016) - you could see it in the press very soon, so look out for it! The research shows that, in two-parent families, the way the parents work together has an important role for children's behaviour. For the first time we show that for mothers who use negative parenting strategies, having a partner who disagrees with them may be helpful for the children's behaviour.

On the radio...

Some of you may have heard one of our lead researchers, **Dr Bonamy Oliver** on Radio 4

*"Thank you...I had an overwhelming feeling of pride of my family unit!"
Mum, Nottinghamshire.*

last autumn. If you haven't, do look on the TFaB website – we have a link to the programme there:

<http://www.sussex.ac.uk/psychology/thenurturelab/>

On the television...

Have you seen our film star?! **Dr Alison Pike**, another lead researcher in our team, was on *The Secret Life of Brothers and Sisters* on Channel 4 this summer. If you missed her, don't worry, she is now a regular psychologist on Channel 4's *Secret Life* series - the *Secret Life of 4, 5, and 6 year olds* is now showing!

...And in Parliament!

One of our junior researchers, **Alex**, won first prize in the Junior Research Associate poster competition, using TFaB research! She presented the work to MPs at an annual exhibition, *Posters in Parliament*. Alex's study looked at how parents treat their children as individuals with their own personalities. Alex says, "I hope to involve elements of this project in my post-graduate research, particularly continuing to unpack the role of the father in relation to interventions for children with pervasive and distressing disorders." We are delighted to say that Alex has just started her PhD at King's College London.



Our researchers...

And finally, many of you will have spoken to one or other of us here at TFaB over the years. We would like to tell you a bit about how our star researchers on the study, Rachel and Katie, are getting on!

Rachel recently spent six months working at the *Early Intervention Foundation* in London. The Foundation is a charity whose mission is to improve children's wellbeing through championing the use of science-based interventions for families and children in need. Rachel says, "The *Early Intervention Foundation* work really hard to gather together findings from lots of different scientific studies. They communicate the information to people in government who make policies that affect children and families, and also to those who work directly with children – like health visitors and social workers. It was really exciting to see how research can make a difference."

Katie has just finished her PhD studies with us! We are delighted that she has produced some fantastic work using some of the information from TFaB. In particular, she was interested in understanding the sibling relationship between twins. Katie says, "I have loved my time working with the TFaB team and families. My favourite finding from my research relates to the influential nature of the twin relationship on the relationship between mums and children. We found that the way twin brothers and sisters get on can affect the bond between

mums and their children within families." Goodbye Katie, we will miss you!

What next? ...

Just now, we are enjoying taking a look at all of the information you have provided, and we don't have any plans for asking you for more just yet. So THANK YOU very much for all that you have done for us. Please pat yourselves on the back, and take a TFaB breather!



All our very best wishes for the holidays to you and your family!

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