

CHILD OF THE
NEW CENTURY 



UPDATE 2017

NEWS FOR PARENTS

WHAT DID WE FIND OUT AT AGE 14?

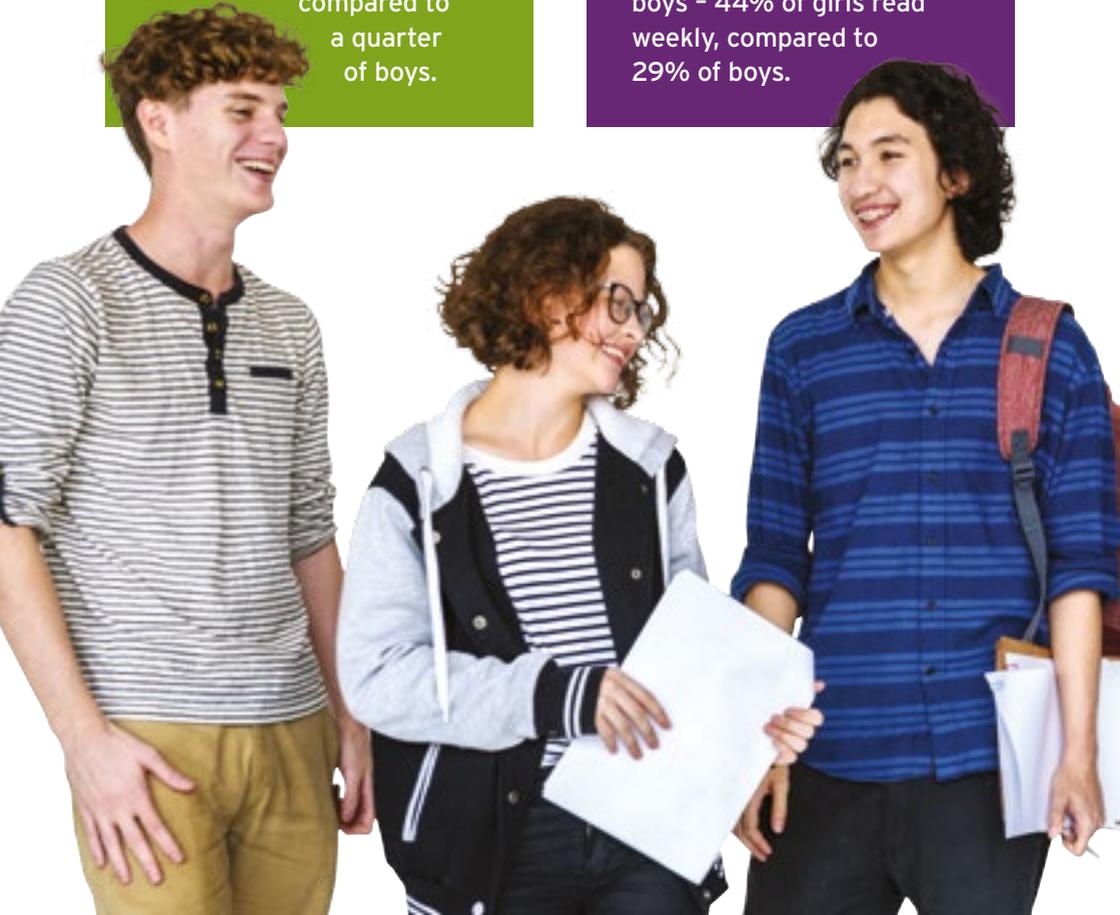
In 2015, 11,726 families took part in the Age 14 Survey. Here's some of what we've learned so far

SOCIAL MEDIA

Just under half of girls used social media for three or more hours on an average weekday, compared to a quarter of boys.

BOOKS

Overall, around 36% of 14-year-olds read at least once a week. Girls were more avid readers than boys - 44% of girls read weekly, compared to 29% of boys.



HAPPINESS

Almost 8 in 10 14-year-olds said they were happy with their lives as a whole.

GENDER ATTITUDES

Around 9 in 10 14-year-olds agreed that men and women should do the same jobs around the house, and disagreed that it's less important for women to work than it is for men.

TV AND GAMING

Only 1% of 14-year-olds didn't watch any TV on an average weekday.

More than 8 in 10 boys played video games for an hour or more each weekday, compared to 3 in 10 of girls. Just 5% of boys said they didn't play video games, compared to 31% of girls.

LEFT OR RIGHT HANDED?

12% of your children are left handed, and 1% can use both hands equally well. Boys are more likely to be left handed than girls.

EXERCISE

When we visited your families, 71% of your children said they had exercised 3 or 4 times in the past week.

But twice as many boys as girls exercised every day: 25% compared to 12%.





SMALL BABIES DO BETTER TODAY THAN IN THE PAST

Research using Child of the New Century (CNC) has shown that being born at a low weight has a less negative effect on children nowadays.

Researchers at the London School of Economics and the University of Helsinki used information from CNC and studies of people born in 1958 and 1970 to show that low birth weight babies develop better than those born in previous generations.

WHAT WE ASKED YOUR FAMILY

When we first visited you when your child was 9 months old you told us their birth weight. Low birth weight babies were under 2.5kg, and very low birth weight babies weighed under 1.5kg.

At age 11 we assessed your child's verbal skills.

MORE BABIES BORN SMALL

Surprisingly, more children born at the turn of the century were small than in previous generations.

Children were more likely to have a low birth weight if they were from less advantaged homes, and from families where the mother smoked and drank alcohol during pregnancy. First-born children and girls also had greater odds of being born small.

SMALL BABIES ARE DOING BETTER

Across all generations, children born small tended to perform less well in verbal exercises than those born at a normal weight. However, the researchers found that the gap had more than halved for your children compared to those born earlier.

Your children would have benefited from a range of medical treatments that were not available to earlier generations. These advances in medical care would have helped with brain development as well as reducing the effect of other negative consequences linked to low birth weight.

REGULAR SLEEP IMPROVES LATER HEALTH

WHAT WE FOUND

Child of the New Century (CNC) has found that toddlers who always go to bed at the same time each night are less likely to be an unhealthy weight at age 11.

At age 3, 2 in 5 children always had a regular bedtime. Those who did tended to be a healthy weight at age 11.

TV habits at age 3 also had an impact on children's weight at age 11. Around a

quarter of your children watched an hour or less of TV and videos each day at age 3. Children who only watched TV and videos for an hour a day as toddlers were more likely to be at a healthy weight at 11, compared to those who watched three hours or more.



COMING UP: AGE 17 SURVEY

WHAT HAPPENS NEXT

We are planning to visit your family again in 2018, when your child will be turning 17. The survey will be carried out by Ipsos MORI, the research agency that did the Age 11 and Age 14 Surveys.

WHY AGE 17?

Your child will be making decisions now that could shape their futures. We'd like to get an insight into this important stage in their lives and yours.

WHAT WILL WE ASK YOU AND YOUR CHILD TO DO?

Now that your child is a young adult, we'll be asking them to complete more of the survey themselves. However, we'd still like you to be involved. We will ask you to complete an online and a paper questionnaire when the interviewer visits.

The interviewer will ask your child some questions about their lives, similar to the ones you've answered in previous surveys. They will also answer

some questions on their own in private. We'd like to take their measurements again and ask them to complete number activities. After the interviewer visits, we'd also like them to answer a short online questionnaire.

We'll send more information about the Age 17 Survey shortly before we visit in 2018.



KEEP IN TOUCH!

-  **Freepost RTKC-KLUU-RSBH,
Child of the New Century,
20 Bedford Way,
London WC1H 0AL**
-  **0800 092 1250**
-  **childnc@ucl.ac.uk**
-  **www.childnc.net**
-  **@childnewcentury**
-  **www.facebook.com/
childofthenewcentury**