4M Study
3-Month Visit Details & Driving Directions

Visit Breakdown

The day of the visit

Research staff will meet you in the CNBD parking lot (on the back side of 717 Delaware) with a parking pass to walk you up to the study room in the CNBD.

How big is my baby? 😊

The three month study visit activities and timing are the same as those for the one month visit, with the addition of the Physical Activity Recall questionnaire. You may recall that you completed this questionnaire over the phone with a Health Partner’s representative while you were pregnant. You will receive an email reminder from Laurie a week before your three month visit so that you may begin to track your sleep and physical activity during the course of the week before your visit.
Back in the PEA POD!
If you are no longer breast feeding your infant, we would not require you to breast feed your infant or express a sample of breast milk.
We will take a poop sample from your baby’s diaper at some point during the visit if possible. If not, then we will send you home with a postage paid collection kit to mail back in to us.

If you have any questions about the procedures completed during this visit, please refer to the ‘initial visit’ guide or contact us at mnmoms@umn.edu. Thanks!
Driving Directions & Parking Instructions

Visit Location:
Center for Neurobehavioral Development (CNBD)
University of Minnesota, East Bank
717 Delaware Street
Minneapolis, MN 55414

Directions & Parking
Research participants should park in the CNBD parking lot located behind the 717 Delaware St. Building. A study staff member will meet you with a parking permit in the lobby on the 1st floor. Due to construction of the Central Corridor Light Rail along Washington Ave, the best way to reach our location is via I-94. If you need directions from another highway or from Mississippi River Blvd, please let me know.

From Interstate 94:
Take the Huron Ave exit. Take a left at the first stoplight onto Fulton Street. Continue on Fulton Street until you come to Oak Street. Take a right. Continue on Oak Street until you come to a stop light at Delaware Street. 717 Delaware St. Building is located on the corner of Delaware and Oak Street. Continue straight through the stop light and enter the parking lot on the left behind the building.