4M Study
Initial 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.

8:00 am – Study visit begins with weighing your baby
8:15 am – Your baby is breast fed as would normally happen at home

Ready for breakfast!
9:00 am – Your baby is weighed again, and we obtain standard body measurements (weight, length, circumferences, and skinfold measures) from him/her to document growth and body fat (adiposity). We will measure skinfolds in your arm and in your child’s shoulder, arm, stomach and leg. This is done by gently squeezing the skin with an instrument called a caliper. It does not hurt. We will also use a standard tape measure to measure circumference of your baby’s head, abdomen, arm and leg.

At this time, your baby will also undergo body composition assessment using air displacement plethysmography (PEAPOD). He/she will be placed in the chamber of the PEAPOD for approximately two minutes to calculate baby’s body volume. The chamber of the PEAPOD is warmed and well-ventilated, and it has a viewing window which allows both me and you to see your baby throughout the test. There is no radiation involved in the test. The test can be cancelled at any time if your baby is not tolerating the assessment.
The PEAPOD measures your baby’s fat and muscle content.

Infants in the PEAPOD chamber
9:30 am – You fill out infant health and feeding questionnaires. We also record your height and weight. We will have tea, water, and a healthy snack for you.

10:15 am – You will express breast milk using provided Medela hospital grade pump. This process can begin 2 hours after that first feeding of your baby at the beginning of the study visit. We will have instructions available if you have never used a pump before.

10:45 am – Study activities are complete. You are welcome to feed your baby an additional time before leaving if you’d like, however no study data will be collected. This time will simply be available in case he/she requires feeding before your drive home.

Visit complete!
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.