



This information sheet belongs to:

Download the BabySteps app

BabySteps is a free smartphone app designed by child development experts to help parents record precious memories of their children growing up and help scientists study child development at the same time. The version that is used for Children of the 2020s has been specifically tailored for this study. As a pilot participant, downloading the app will help us make sure the app is as good as it can be for the main children of the 2020s study.

How to download your BabySteps app

Please note that this app is **free** to download and use. Complete the steps below on your smartphone device or tablet to download or update the app:

Simply scan the **QR code** using your smartphone camera and follow the steps online:



OR

1. Open the application you use for downloading your apps

On **Apple** devices this is called 'App Store', and looks like:



On **Android** devices this is called 'Play Store', and looks like:



2. On this app, **search** '**BabySteps Children of the 20s**' and select the app with the logo:



3. **Click 'Get'/'Install'**. Once the app has been installed on your device, you're ready to get started!

Creating an account

You can set up a BabySteps account by following these simple steps:

1. Click the BabySteps icon to open the app. Once open, you will see a screen that introduces BabySteps. Please read this information and then click '**Join Study**'.
2. On the next screen, you will see a '**Consent**' page. This page will ask you to confirm that you have read through the study information and are happy to proceed with taking part. This screen will also give you the opportunity to review the Privacy Policy if you would like. You can also do this within the app itself at any time by clicking the 'About' tab.
3. To confirm that you are happy to take part in the app, please use your finger or a stylus to **add a signature in the box** provided at the bottom of the screen, and **click 'Done'** to continue.

We apologise but the activities currently cannot accommodate twins/triplets, and therefore families with twins/triplets should not complete the activities. Refer to our FAQ "Can I use the app if I am the caregiver of twins/triplets?" which can be found in the 'About' tab on the app

4. The next screen asks you to **register your BabySteps account** and set your own secure password.
 - You will be asked to enter your email address, your first name, your relationship to the 3-year-old child involved in this study, their first name and their date of birth. This information is collected to help us personalise the app for you and your 3-year old child. Your email address will also allow you to request a password re-set if you need it.
 - Your password means that information you enter into the app will be secure on your phone, and will enable you to transfer all your Babysteps information to a new phone if you get one.
5. **Enter your unique 7-digit login code** (below) and click **'Submit'**.

Your unique login code is:

6. **So you don't miss out, follow the instructions in the app popup to enable BabySteps to send you notifications.** You can also find these instructions in the app FAQs on the 'About' tab.

You are now good to go! To begin, why not try personalising your app by adding a picture of your child. Click the camera in the top-left hand corner of the home screen and follow the instructions to **take your child's photo**. This photo is just for you and will not be used for the research.

Taking Part?

Once you have downloaded the app, you'll have access to its special features!

Under the **'Research Activities'** tab, are short activities to complete. By completing research activities that you see in the app you are helping us make the pilot version of the app as good as it can be! Please note that as a pilot participant, you will not be eligible for e-vouchers associated with completing research activities.

- In **'Your Daily Tracker'** you can track your child's development, and **'View Your Results'**.
- Using the **'Diary'** feature you can create your own personal record of your child's development by uploading precious memories, photos and videos as they grow.

In **'News & Articles'** you can read updates from the team, and learn about the science of child development. You can directly contact the study team using the **feedback** feature.

Your data will be protected. The information you provide through the app will be kept confidential and stored in a highly secure system provided by Amazon Web Services, and will only be used by the study team. Amazon staff will not have access to any of your information, nor will anyone else outside the Children of the 2020s' study team. BabySteps records basic information about the type of phone you have for the purposes of technical support. BabySteps cannot access any other information on your smartphone, nor can it track your location. Your data will not be passed on to any third party. The BabySteps app does not include any adverts.

Any Questions?

For technical questions and assistance with the app, please click the FAQs on the 'About' tab or contact UCL by emailing babysteps@ucl.ac.uk or calling **0203 108 2248**. For help logging into your account, please contact children2020s@ipsos.com or call freephone **0800 056 818**. When contacting us please include your reference number which is at the top of most correspondence you receive from Ipsos.

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