



# INSTRUCTIONS FOR AUTHORS

## JOURNAL OF MOTHER AND CHILD / MEDYCYNĄ WIEKU ROZWOJOWEGO

(FORMERLY DEVELOPMENTAL PERIOD MEDICINE/MEDYCYNĄ WIEKU ROZWOJOWEGO)

### The history of the title

Relatively new only by the title, the Journal of Mother and Child (JMC) has a long tradition of being issued for nearly 25 years. The journal is a direct successor of a former periodical: Developmental Period Medicine/Medycyna Wieku Rozwojowego. The change of the journal title from Developmental Period Medicine to Journal of Mother and Child took place on January 01, 2020.

The Institute of Mother and Child, Warsaw, Poland, has been publishing the journal Medycyna Wieku Rozwojowego (ISSN 1428-345X) since 1997. That title stems from another journal: Problemy Medycyny Wieku Rozwojowego (ISSN 0303-2264), issued by the Institute in the years 1972-1990. Since 1998 until the end of 2019, the English language translation: Developmental Period Medicine (e-ISSN 2354-0060) was used on the title page. Since 2020, the quarterly Developmental Period Medicine changed its English-language title to the one being more to the point, to: Journal of Mother and Child (ISSN 2719-6488; e-ISSN 2719-535X).

Thus, until December 31, 2019, the journal was titled Medycyna Wieku Rozwojowego (ISSN 1428-345X) / Developmental Period Medicine (e-ISSN 2354-0060), and from January 1, 2020 it is published further under the title Journal of Mother and Child/Medycyna Wieku Rozwojowego (ISSN 2719-6488; e-ISSN 2719-535X). In other words, there is an uninterrupted continuation of issuing of the journal from 1997 to the present. Title modifications on the way reflected more and more focused selection of topics of interest and increasing role of English language in medical sciences. With our international readership visibly broadened over the last years and with the solely English-language contents, we intend to abandon the title's Polish translation (subheading: 'Medycyna Wieku Rozwojowego') in the near future.

The former version of this journal: Medycyna Wieku Rozwojowego / Developmental Period Medicine was indexed in PubMed / Medline and as such was entered into other databases. Journal of Mother and Child / Medycyna Wieku Rozwojowego continues to be indexed in PubMed / Medline.



The title is published in association with the Polish Society of Perinatal Medicine and the Polish Society of Inborn Errors of Metabolism.

### Aims & Scope

JMC is a quarterly, peer reviewed, open access journal dedicated to disseminating basic and applied research related to the health of mother and child. The journal's ambition is to create a platform for presenting original results from all areas of research studies that aim to improve human maternal, fetal, neonatal, and child health, reflecting the connection between clinical and basic science. We at JMC strongly believe that translational medicine should support interdisciplinary collaboration, which usually results in important scientific papers. We accept original research papers, review articles, editorials, short communications and case studies.

JMC's scope is based on a holistic approach towards the patient, covering all medical aspects of health of a mother and her child, including such important life sciences areas as origins of disease, modern diagnostic tools, effective up-to-date treatment, long-term health consequences, nutrition, psychology, as well as social and bioethical issues. Most importantly, we focus on the patient throughout all stages of life, from early years, i.e. prenatal and perinatal periods, through early childhood and childhood to adolescence and adulthood (including maternal health). JMC follows a concept of the systems medicine, looking at the human body as part of an integrated whole which incorporates biomolecular, physiological and environmental interactions.

JMC also encourages submissions of papers pertaining to rare diseases which may be a good model for a study on common disorders and thus revealing novel pathomechanisms and conditions.

It is indexed in MEDLINE/PUBMED, Scopus, EBSCO, MNISW, PBL (Polska Bibliografia Lekarska), Index Copernicus. The journal publishes original research papers, review articles, short communications, case studies. The language of submission is English.

### Submission of the manuscript

Manuscripts containing original material are accepted for consideration with the understanding that neither the article nor any part of its essential substance, tables, or figures has been or will be published or submitted for publication elsewhere. This restriction does not apply to abstracts or short press reports published in connection with scientific meetings. Copies of any closely related manuscripts should be submitted along with the manuscript that is to be considered by the Journal of Mother and Child (JMC)/Medycyna Wieku Rozwojowego. The Journal discourages the submission of more than one article dealing with related aspects of the same study.

**The Journal of Mother and Child (JMC)/Medycyna Wieku Rozwojowego** only accepts online submission of papers. The authors are encouraged to refer to the instruction on submitting their manuscript online.

### Online submission

The online submission system (Editorial Manger) guides you stepwise through the process of entering your article details and uploading your files. The system converts your article files to a single PDF file used in the peer-review process. Editable files (e.g., Word) are required to typeset your article for final publication. All correspondence, including notification of the Editor's decision and requests for revision, is sent by e-mail.

**Submit your article:**

Please submit your article via:

<https://www.editorialmanager.com/JMotherandChild>

During the online submission procedure, authors are asked to provide:

- a) information on the prior or duplicate publication or submission elsewhere of any part of the work;

- b) a statement of financial or other relationships that might lead to a conflict of interest or a statement that the authors do not have any conflict of interest;
- c) a statement that the manuscript has been read and approved by all authors;
- d) the name, address and telephone numbers and e-mail address of the corresponding author who is responsible for negotiations concerning the manuscript.

The manuscript must be accompanied by copies of any permission (see Permissions below) to reproduce already published material, to use illustrations or report sensitive personal information about identifiable persons.

### Preparing the manuscript for submission and format of contribution

The Journal of Mother and Child (JMC)/Medycyna Wieku Rozwojowego welcomes submissions of the following types of paper: original articles including systematic reviews or meta-analysis, short communications / case studies, commentaries, and letters to the editor. In addition, the Journal also commissions editorials, 'viewpoint' papers, and book reviews. All papers submitted to the Journal of Mother and Child (JMC)/Medycyna Wieku Rozwojowego are checked by the editorial office for conformance to the author and other instructions all specified below. Non-conforming manuscripts will be returned to authors.

Only articles in English are considered for publication. British spelling conventions (Oxford Dictionary) are used. Examples: standardise (not standardize), colour (not color), paediatrics (not pediatrics), foetal (not fetal), etc.

Prepare your manuscript, including tables, using a word processing program and save it as a .doc, .docx or .rtf file. Use a minimum font size of 12 and margins of at least 2.5 cm throughout the manuscript. The text should be left justified and not hyphenated. Number pages consecutively, beginning with the title page.

Before submission, please use this check list to avoid the most common reasons for non-conformity:

|  |
|--|
| <b>Table 1.</b> Check list (for original manuscripts and systematic reviews/meta-analyses*):   |
| <b>Please check that</b>   |
| there is a minimum font size of 12 throughout the contribution, including the reference list, the tables, and figures.                                   |
| the text has double line spacing (2.0) throughout the main text and the reference list.  |
| the word count and the maximum number of references are within the limits for the contribution type, in accordance with the quick guide below (Table 2). |
| there is a maximum of 4 medium-sized tables/figures in total (additional tables figures can be added as online-only supplementary files).                |

Continued ►►

**Table 1.** Check list (for original manuscripts and systematic reviews/meta-analyses\*) Continue:

| Please check that   |
|---|
| there is a title page file (with important data specified below) and the main document file (without authors data but with title of the article), including the information stated in the Instructions to authors.  |
| the abstract is structured under the following headings: Background, Material and methods, Results, Conclusion.   |
| the main text is structured under the following headings: Introduction, Material and methods, Results, Discussion.  |
| relevant ethical issues are mentioned in the manuscript.  |
| there are conflict of interest and funding statements under the headings Conflict of interest and Funding respectively. They are placed at the title page file.   |
| the references are numbered consecutively in the as they appear in the text (Vancouver style).  |
| there are three to ten bulleted key points after the main text, before the references. The same bulleted key points are inserted in the provided space in the online system.  |
| any figures are uploaded in separate files, using the file formats specified in the Instructions to Authors.  |
| the tables and figures are appearing only once throughout the documents. Tables may be either in the main document or in separate files, and the figures in separate files only, but there may not be any duplicates.   |
| * Other instructions apply for other contribution types regarding the maximum number of tables/figures, headings, etc, in accordance with instructions below. However, the instructions regarding font size and line spacing applies to all contribution types. |

Table 2 below shows an overview of the formats for the various contribution types. Please see the text below for more detailed instructions.

**Table 2.** Quick guide for the contribution types (with standard requirements)

| Contribution  | Structure and Maximum word count  | Abstract   | References*        | Tables and figures** |
|---|---|--|--------------------|----------------------|
| Original manuscript, (including systematic reviews and meta-analyses) | Max. 3500 words<br>Headings: Introduction, Material and methods, Results, Conclusions, Discussion | Max. 250 words<br>Headings: Background, Material and methods, Results, Conclusions | Max. 40 references | Max. 4 in total      |
| Short report/ Case study  | Max. 1200 words<br>Headings: Introduction, Material and methods, Results, Discussion              | Max. 100 words<br>No headings  | Max. 10 references | Max. 1 in total      |
| Commentary***   | Max. 1200 words   | -  | Max. 10 references | Max. 1 in total      |
| Editorial***  | Max. 800 words  | -  | Max. 5 references  | -                    |
| Viewpoint***  | 800-1200 words  | -  | Max. 5 references  | -                    |
| Book review***  | Max. 500 words  | -  | -                  | -                    |

| Contribution                 | Structure and Maximum word count | Abstract | References*       | Tables and figures** |
|------------------------------|----------------------------------|----------|-------------------|----------------------|
| Comment (on published paper) | Max. 500 words                   | -        | Max. 5 references | -                    |

\* References are in the style of Vancouver and Index Medicus in all types of contribution. Please see specific requirements and examples in the Instructions to Authors. (NIH National Library of Medicine Samples of Formatted References for Authors of Journal Articles ([https://www.nlm.nih.gov/bsd/uniform\\_requirements.html](https://www.nlm.nih.gov/bsd/uniform_requirements.html)))

\*\* Additional tables and figures, and additional references in systematic reviews and meta-analyses, can be added as Supplementary material for access online only.

\*\*\* Usually commissioned. Please see specific requirements in the Instructions to Authors.

**The following elements are required in the order listed below:**

**1. Title page**

- √ The type of article (e.g. research article, systematic review, meta-analysis, or clinical trial)
- √ The title of the manuscript and the short/running title of the manuscript
- √ All authors and/or contributors (with full first name, middle name if used, and surname)
- √ All affiliations of all authors
- √ Name, affiliation, postal and electronic address, phone number, and other data pertaining to personal and/or institutional identification of corresponding author
- √ ORCID identifiers of all authors
- √ Funding information
- √ Conflict of interest declaration
- √ Contributorship / Contributor Roles Taxonomy (CRediT) statement
- √ Acknowledgements

**Author names will be published exactly as they appear in the manuscript file. Please double-check the information carefully to make sure it is correct. Affiliations will be published as they appear in the accepted manuscript. Include each component in scale order, from small to large (department, division, section, institution, city, state/ province, country).**

**Contributor Roles Taxonomy (CRediT) statement**

CRediT (Contributor Roles Taxonomy) - high-level taxonomy, including 14 roles is used for recognizing individual author contributions, reducing authorship disputes and facilitating collaboration. CRediT offers authors the opportunity to share an accurate and detailed description of their diverse contributions to the published work.

- The corresponding author is responsible for ensuring that the descriptions are accurate and agreed by all authors.
- The role(s) of all authors should be listed, using the relevant below categories.
- Authors may have contributed in multiple roles.
- CRediT in no way changes the journal's criteria to qualify for authorship.

**14 Contributor Roles:**

|                        |                            |
|------------------------|----------------------------|
| Conceptualization      | Resources                  |
| Data curation          | Software                   |
| Formal Analysis        | Supervision                |
| Funding acquisition    | Validation                 |
| Investigation          | Visualization              |
| Methodology            | Writing – original draft   |
| Project administration | Writing – review & editing |

CRediT statements should be included at Title page file of the manuscript during the submission process and will appear above the acknowledgement section of the published paper.

**Contributor Roles Defined:**

| Term                   | Definition  |
|------------------------|---|
| Conceptualization      | Ideas; formulation or evolution of overarching research goals and aims.   |
| Data curation          | Management activities to annotate (produce metadata), scrub data and maintain research data (including software code, where it is necessary for interpreting the data itself) for initial use and later re-use. |
| Formal analysis        | Application of statistical, mathematical, computational, or other formal techniques to analyze or synthesize study data.  |
| Funding acquisition    | Acquisition of the financial support for the project leading to this publication.   |
| Investigation          | Conducting a research and investigation process, specifically performing the experiments, or data/evidence collection.  |
| Methodology            | Development or design of methodology; creation of models.   |
| Project administration | Management and coordination responsibility for the research activity planning and execution.  |
| Resources              | Provision of study materials, reagents, materials, patients, laboratory samples, animals, instrumentation, computing resources, or other analysis tools.  |
| Software               | Programming, software development; designing computer programs; implementation of the computer code and supporting algorithms; testing of existing code components.   |
| Supervision            | Oversight and leadership responsibility for the research activity planning and execution, including mentorship external to the core team.   |
| Validation             | Verification, whether as a part of the activity or separate, of the overall replication/reproducibility of results/experiments and other research outputs.  |
| Visualization          | Preparation, creation and/or presentation of the published work, specifically visualization/data presentation.  |

| Term                       | Definition   |
|----------------------------|--|
| Writing – original draft   | Preparation, creation and/or presentation of the published work, specifically writing the initial draft (including substantive translation).   |
| Writing – review & editing | Preparation, creation and/or presentation of the published work by those from the original research group, specifically critical review, commentary or revision – including pre- or post-publication stages. |

**Sample CRediT author statement:**

Author 1 name: Conceptualization, Methodology, Software.  
 Author 2 name: Data curation, Writing- Original draft preparation.  
 Author 3 name: Visualization, Investigation.  
 Author 4 name: Supervision.  
 Author 5 name: Software, Validation.  
 Author 6 name: Writing- Reviewing and Editing.

For more information about the CreDiT taxonomy as well as the individual terms, please see: <http://credit.niso.org/>.

JMC encourages Authors to use the CRediT taxonomy to describe the authors' contribution to the manuscript.

**2. Manuscript body**

The file containing the manuscript body should begin with the title of the manuscript, the structured abstract, keywords (three to six), and then the main text divided into the following sections: Introduction; Material and methods; Results; Discussion; Key-points; Acknowledgements; Funding; Conflict of interest; References; Tables (each table on a separate page, complete with title and footnotes); Figure legends; Figures. with references, supporting information, etc. Do not include any authors' names or affiliations within the manuscript itself. Include page numbers and line numbers in the manuscript body file. Use continuous line numbers (i.e. do not restart the numbering on each page).

**Please submit your manuscript in double-space paragraph format.**

**Style and format**

**File format**

Manuscript files can be in the following formats: .doc, .docx, or .rtf. Microsoft Word documents should not be locked or protected.

**Length**

The preferred characteristics of each type of article accepted in our journal are listed in Table 2 (Format of contribution), but Authors may submit manuscripts of any length without restrictions on the word count, number of figures, or amount of supporting information. We do encourage you to present and discuss your findings concisely.

## Font

Use a standard font size (a minimum font size of 12, font size for headings are specified in Manuscript body part of this Instruction) and any standard font, with the exception of the font named Symbol. To add symbols to your manuscript, use the Insert → Symbol function in your word processor or paste in the appropriate Unicode character.

## Layout and spacing

Manuscript text should be double spaced, left justified and not hyphenated. Do not format text in multiple columns. Use a single-column layout with margins of at least 2.5 cm.

## Page and line numbers

Include page numbers and line numbers in the manuscript body file. Use continuous line numbers (do not restart the numbering on each page).

## Language

Manuscripts must be submitted in English.

## Reference style

JMC uses Vancouver Style for references. See the ICMJE reference formatting examples and additional instructions in the References section below.

## References

Any and all available works can be cited in the reference list. Acceptable sources include:

- ✓ Published or accepted manuscripts
- ✓ Manuscripts on preprint servers, providing the manuscript has a citable DOI or arXiv URL

Do not cite the following sources in the reference list:

- ✓ Unavailable and unpublished work, including manuscripts that have been submitted but have not yet been accepted (e.g. unpublished work and work labelled as 'data not shown'). Instead, include such data as supplementary material or deposit the data in a publicly available database.
- ✓ Personal communications (these should be supported by a letter from the relevant authors but not included in the reference list)
- ✓ Retracted research. You should avoid citing retracted articles unless you need to discuss retracted work to provide historical context for your submitted research. If it is necessary to discuss retracted work, state the article's retracted status in your article's text and reference list.

Ensure that your reference list includes full and current bibliographic details for each cited work at the time of your

article's submission (and publication, if accepted). If cited work is corrected, retracted, or marked with an expression of concern before your article is published, and if you feel it is appropriate to cite the work even in light of the post-publication notice, include in your manuscript citations and full references for both the affected article and the post-publication notice. Email JMC's office if you have questions.

References are listed at the end of the manuscript and numbered in the order that they appear in the text. In the text, cite the reference number in square brackets with Arabic numerals (e.g. 'We used the techniques developed by our colleagues [19] to analyse the data'). JMC uses the numbered citation (citation-sequence) method. For cited work with more than six authors, list the first six authors, followed by 'et al.'. Do not include citations in abstracts.

Make sure the parts of the manuscript are in the correct order before ordering the citations.

## Formatting references

**Because all references will be linked electronically to the papers they cite, as much as is possible, proper formatting of references is crucial.**

Journal name abbreviations should be those found in the National Center for Biotechnology Information (NCBI) databases (<http://www.ncbi.nlm.nih.gov/nlmcatalog/journals>).

## Detailed description of the types of articles

### Original articles

Original articles (including systematic reviews and meta-analyses) should be presented in the following format:

#### 1) title page as separate file:

- type of article,
- title of the manuscript (concise but informative), running/ short title of the manuscript,
- all authors, and/or contributors (with full first name, middle name if used, and surname),
- all affiliations of all authors and/or contributors (name of department(s) and institution(s) to which the work should be attributed if not already stated before),
- disclaimers if any,
- corresponding author (full name, postal and electronic address, telephone, fax number),
- ORCID identifiers of all authors and/or contributors,
- funding information (should be declared under the heading 'Funding' at the title page, it will be published in article after the main text and before references, if there is no funding, this should be explicitly stated),
- conflicts of interest (a statement on conflicts of interest should be included in the manuscript. Either mention:

'none declared' or specify the authors' financial or other interests which should be known to the readers),

- contributorship / CRediT statement,
- acknowledgements (if any acknowledgements are stated, authors are responsible for obtaining written permission from persons acknowledged by name because readers may infer their endorsement of the data and conclusions);

### Contributorship and affiliations

Indicate affiliations by number only. Affiliation footnotes should appear in numerical order at first mention. Please use the symbols provided in this document for other designations, to indicate equal contribution, for example:

\* (Asterisk) - Corresponding author(s)

§ (Section sign) - 1st set of equal contributors

& (Ampersand) - 2nd set of equal contributors

† (Dagger/Cross) - Deceased

#a (Pound/number sign) - First Current address

#b (Pound/number sign) - Second Current address

^ (Caret) - Consortium/Group Authorship

Numbers and symbols should be in superscript.

Affiliation information includes department, university, or organisational affiliation and its location, including city, state/province (if applicable), and country. Authors have the option to include a current address in addition to the address of their affiliation at the time of the study. The current address should be listed in the by-line and be clearly labelled 'current address'. At minimum, the address must include the author's current institution, city, and country. If an author has multiple affiliations, provide all affiliations, on the title page. However, in the submission system, enter only each author's preferred or primary affiliation. Author affiliations will be listed in the typeset PDF article in the same order that authors are listed in the submission. Do not include ZIP or postal codes, street addresses, or building or office numbers. Do not use abbreviations (e.g. Dept.). Do not list positions within an institution (e.g. department chair, professor); do not include titles (Dr, Ph.D., Professor, etc.) with author names. List each affiliation individually and in full on the title page.

If you would like the equal contributions notes to read differently, please specify how you would like them to read in your manuscript (e.g. 'AR and MM are Joint Senior Authors'). If your manuscript has a consortium or group author, please provide a note that describes where to find a full membership list for readers.

The membership list can be listed in the Acknowledgements, in the Supporting information section of the manuscript, or in a supplementary file available on the Internet.

Consortia or group authors should have affiliations, and it is recommended to add.

### Funding Information

Details of all funding sources for the work in question should be given in a separate section entitled "Funding acknowledgement". This should appear before the 'Acknowledgements' section, if there is one; otherwise before the reference list.

- √ The full official funding agency name should be given, and grant numbers should be complete and provided in brackets as follows: "[grant number XXX YYYYYYYY]". An example: "This research received no specific grant from any funding agency, commercial or not-for-profit sectors." or "This work was supported by the Eurocores program EuroEPINOMICS of the European Science Foundation. Author XY received support from the American Epilepsy Society. Author YX received support from the Lennox-Gastaut Syndrome Foundation. Author XYZ received support from the BOF-University of Antwerp (FFB180053) and FWO (1861419N). Author ZYX received support from the National Institute of Neurological Disorders and Stroke (R01 NS069605)."

### 2) manuscript body:

- title of the manuscript (same as at the title page),
- structured abstract (Background, Material and methods, Results, Conclusion, word limit is 250 words),
- three to six keywords or short phrases (add them to the bottom of the abstract page, which will assist us in indexing the article and which is published with the abstract; use terms from the Medical Subject Headings MeSH list of Index Medicus when possible);
- include page numbers and line numbers in the manuscript body file (use continuous line numbers – do not restart the numbering on each page);
- main text divided into the following sections: Introduction; Material and methods; Results; Discussion; Key-points; References; Tables (each table on a separate page, complete with title and footnotes); Figure legends; Figures. Use Level 1 heading for all major sections (Abstract, Introduction, Material and methods, Results, Discussion, Conclusion, etc.). Bold type, 18 pt font. Only use italics and text formatting where needed (e.g. genus and species names, genes, etc.). Headings should be written in sentence case (capitalize only the first word of the heading, the first word of the subheading, and any proper nouns and genus names). Use Level 2 headings for sub-sections of major sections. Bold type, 16 pt font. Only use italics and text formatting where needed. Use sentence case.

Use Level 3 headings for sub-sections within Level 2 headings. Bold type, 14 pt font. Only use italics and text formatting where needed. Use sentence case.

*More information on the structure and content of these sections can be found in the Recommendations for the Conduct, Reporting, Editing, and Publication of Scholarly work in Medical Journals (<http://www.icmje.org/>). Relevant ethical issues should be discussed in the manuscript and necessary permissions and authorizations declared.*

- Keypoints should be presented in the form of 3 to 6 bulleted, short statements which give the main messages of the paper. Only one sentence per key point. Include at least one implication for public health policy and practice;
- For the references, see the separate guidelines at the end of the author instructions. There is a limit of 40 references for original articles. NOTE: Do not cite figures, tables, supporting information, or references in the Abstract. Cite references in brackets (for example, “[1]” or “[2-5]” or “[3,7,9]”). References must be cited in order at first mention. References should be listed after the main text, before the supporting information (Vancouver bibliographic style, with doi identifier where it is possible). References with more than six authors should list the first six author names, followed by “et al.”
- Type each table on a separate page, and provide a title for each. Abbreviations in tables should be explained. Place the tables at the end of the main document or upload them in a separate text file. Excel format is not accepted.

Excessive tabular data are discouraged: a maximum of four medium-sized tables/illustrations is allowed. Do not duplicate data in graphs and tables. Additional tables/figures can be presented on the journals’ web-page if needed. Do not repeat in the text all the data in the tables or illustrations; emphasize or summarize only important observations. Do not indicate “statistical significance” with bold or otherwise altered font. If you use data from another published or unpublished source, obtain permission and acknowledge fully.

Tables should be cited as “Table 1”, “Table 2”, etc. Cite multiple tables as “Tables 1 and 2”, “Tables 1-3”, etc. Tables should be included directly after the paragraph in which they are first cited. Tables must be cellbased in Microsoft Word or embedded with Microsoft Excel.

Do not use empty rows to create spacing. Do not include graphic objects, images, or colored text.

- Figures should be professionally designed, using a well-known software package for standard personal computers. Three-dimensional figures are not allowed. Provide the figures in separate files, not as part of the main text. The following figure formats are allowed in the first submission: .jpg, .gif, .tif, .eps or .doc/docx.

However, if the manuscript is accepted, .tif format is required.

Cite figures as “Fig 1”, “Fig 2”, etc. Cite figures and tables in order. Do not cite “Fig 2” before “Fig 1”. Cite multiple figures as “Figs 1 and 2”, “Figs 1-3”, etc. Each figure caption should appear directly after the paragraph in which they are first cited. Do not include tables within captions. Use bold type for the figure titles.

- Symbols, lettering, and numbering should be clear and large enough to remain legible after the figure has been reduced to fit the width of a single column, i.e. 7 cm. The figure legend should be provided in the submission system when uploading the figure, or at the bottom of the main document, and should not appear in the figure. If a figure has been published earlier, acknowledge the original source and submit written permission from the copyright holder to reproduce the material. If photographs of patients are used, their pictures must be accompanied by written permission to use the picture, whether the patient is identifiable or not. For useful information on preparing your figures for publication, go to <http://cpc.cadmus.com/da>.
- Colour figures are accepted. Alternatively, if the colour is not critical for the image’s scientific understanding, colour can be published online only, as Supplementary data, with a black and white version being published in the print version of the journal.
- Acknowledgments: Do not include funding or competing interests information in Acknowledgments.
- List Supporting Information captions at the end of the manuscript in a section titled “Supporting information”. Use a Level 1 heading. Use bold type for the titles. Supporting Information files do not require full captions; only labels (“S1 Fig”) are fully required.

Original articles have a word limit of 3500 words and a limit of 40 references, but Authors may submit manuscripts of any length without restrictions on the word count, number of figures, or amount of supporting information. We do encourage you to present and discuss your findings concisely. Any exceeding text or references may be added as supplementary material for online access. In that case, a reference to the online supplementary material should be added at an appropriate place in the main document, e.g. in the main text for additional text and at the end of the reference list for additional references. Please follow instructions on the submission site on how to upload supplementary material.

For the articles reporting results of clinical studies or trials, the Journal of Mother and Child (JMC)/Medycyna Wieku Rozwojowego recommends authors to adhere to a resource that provides information about guidelines for reporting

different kinds of studies – **EQUATOR (Enhancing the QUALity and Transparency of health Research) network** (<https://www.equatornetwork.org>).

### **Comments**

Comments on papers published in the Journal of Mother and Child (JMC)/Medycyna Wieku Rozwojowego are submitted as other articles via online submission system (Editorial Manager). They should be no more than 500 words and 5 references. Remember to add information to which article the comment refers to (add a citation of the commented article).

### **Short reports/Case studies**

Short reports should have the same format as original articles, but should not exceed 1200 words, and contain a maximum of one table/figure. Abstracts of short reports should not be structured, and should be no longer than 100 words. The maximum number of references is 10.

### **Commentaries**

Commentaries are opinion pieces which reflect on papers previously or currently published in the Journal of Mother and Child (JMC)/Medycyna Wieku Rozwojowego, or on issues of general interest to public health science or policy. Comments on papers published in the Journal of Mother and Child (JMC)/Medycyna Wieku Rozwojowego are submitted as other articles via online submission system (Editorial Manager). Their format is free, but they should at least contain a title page, the main text, funding information, a conflict of interest statement, and references. They do not need an abstract. The main text should not exceed 1200 words. The maximum number of references is 10. Remember to add information to which article the comment refers to (add a citation of the commented article).

### **Editorials**

Editorials are written by associate editors, section editors or commissioned. They should: explain the way the journal covers a controversial/sensitive subject or constructively criticize issues (while providing solutions) or indicate/praise topics important for health of mother and child. They should be written in a crisp, lively style. They should have a maximum of 800 words, and not more than 5 references.

### **Viewpoint papers**

Viewpoint papers are usually commissioned. Viewpoint sections in the Journal of Mother and Child (JMC)/Medycyna Wieku Rozwojowego usually consist of two or three contrasting pieces which reflect in issues of general interest to public health science or policy. They should be written in a crisp, lively style. They should have a maximum of between 800 and 1200 words, and not more than 5 references.

### **Book reviews**

Book reviews are usually commissioned. They should have a maximum of 500 words.

### **Letters to the Editor**

Letters to the Editor are comments on papers published in the Journal of Mother and Child (JMC)/Medycyna Wieku Rozwojowego. They should be no more than 500 words and 5 references. E-letters, or comments on papers published in the Journal of Mother and Child (JMC)/Medycyna Wieku Rozwojowego are submitted as other articles via online submission system. (Editorial Manager). They should be no more than 500 words and 5 references. Remember to add information to which article the comment refers to (add a citation of the commented article).

### **Technical information**

#### **Abbreviations and footnotes**

Do not use abbreviations in the title or the abstract. Except for units of measurement, abbreviations are discouraged. Use only standard abbreviations. Define abbreviations upon each one's first appearance in the text. Do not use non-standard abbreviations unless they appear at least three times in the text. Keep abbreviations to a minimum.

Footnotes are permitted only in tables. Use lower-case characters—a, b, c, etc.—to indicate each footnote. If you have prepared a manuscript that contains footnotes outside tables, move the information contained in the footnotes into the main text or the reference list, depending on the content, and delete the footnotes.

#### **Units of measurement**

Authors of articles must express all measurements in terms of the International System of Units (SI units), but they may include older conventional units in parentheses if they desire.

#### **Numbers and percentages**

All numbers in the text should be written in numeric form except numbers 0-10. Use % symbol instead of writing out the words 'per cent'.

#### **Drug names**

Generic names should be used; provide the Recommended International Non-Proprietary Name (rINN). Authors who wish to do so may insert brand names in parentheses.

#### **Equations**

We recommend using MathType for display and inline equations, as it will provide the most reliable outcome. If this is not possible, Equation Editor or Microsoft Word's Insert → Equation function is acceptable.

Avoid using MathType, Equation Editor, or the Insert → Equation function to insert single variables (e.g.  $a$  or  $x$ ), Greek or other symbols (e.g.  $\beta$ ,  $\Delta$ , or ' [prime]), or mathematical operators (e.g.  $\times$ ,  $\geq$ , or  $\pm$ ) in running text. Wherever possible, insert single symbols as normal text with the correct Unicode (hex) values.

Do not use MathType, Equation Editor, or the Insert→Equation function for only a portion of an equation. Rather, ensure that the entire equation is included. Equations should not contain a mix of different equation tools. Avoid 'hybrid' inline or display equations, in which part is text and part is MathType or part is MathType and part is Equation Editor.

### Nomenclature

Use correct and established nomenclature wherever possible.

### Species names

Set species names in italics (e.g. *Homo sapiens*). Write the genus and species names in full, both in the title of the manuscript and on the first mention of an organism in the body of the paper. After first mention in the body of the manuscript, the first letter of the genus name followed by the full species name may be used (e.g. *H. sapiens*).

### Genes, mutations, genotypes, and alleles

Set the names of genes, mutations, genotypes, and alleles in italics. Use the recommended name by consulting the appropriate genetic nomenclature database (e.g. HGNC for human genes; we strongly recommend using this and other such tools to check against previously approved names). It is sometimes advisable to indicate synonyms for the gene the first time it appears in the text. Gene prefixes such as those used for oncogenes or cellular localization should be set in roman type (e.g. *v-fes*, *c-MYC*).

### Allergens

The systematic allergen nomenclature of the World Health Organization/International Union of Immunological Societies (WHO/IUIS) Allergen Nomenclature Sub-Committee should be used for manuscripts that include the description or use of allergenic proteins. For manuscripts describing new allergens, the systematic name of the allergen should be approved by the WHO/IUIS Allergen Nomenclature Sub-Committee prior to manuscript publication. Examples of systematic allergen nomenclature can be found at the WHO/IUIS Allergen Nomenclature site.

## References

References must be typed with double spacing and must be numbered consecutively as they are cited (**Vancouver style**)

**with doi identifiers.** References first cited in tables or figure legends must be numbered so that they will be in sequence with references cited in the text. Authors are discouraged from citing material that is not commonly available, e.g., databases, patents, computer files etc. Numbered references to personal communications, unpublished data and manuscripts in preparation or submitted for publication are unacceptable. The style of references is that of Index Medicus, with abbreviated journal titles. List all authors when there are six or fewer; when there are seven or more, list the first six, then 'et al'. Identify references in text in square brackets with Arabic numerals (e.g. 'We used the techniques developed by our colleagues [19] to analyse the data'). Sample references are as follows:

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List the first six authors, followed by et al. If there are more than six authors, list the first six authors, followed by et al.: Rose ME, Huerbin MB, Melick J, Marion DW, Palmer AM, Schiding JK, et al. Regulation of interstitial excitatory amino acid concentrations after cortical contusion injury. *Brain Res*. 2002;935(1-2):40-6. doi: 10.1016/s0006-8993(02)02445-9.
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**The number of references used in a paper are limited to the following:**

**Original Articles: 40 references. Additional references can be accommodated in the online version.**

**Short Reports / Case studies: 10 references**

**Commentaries: 10 references**

**Comments: 5 references**

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