



# Children and Poverty

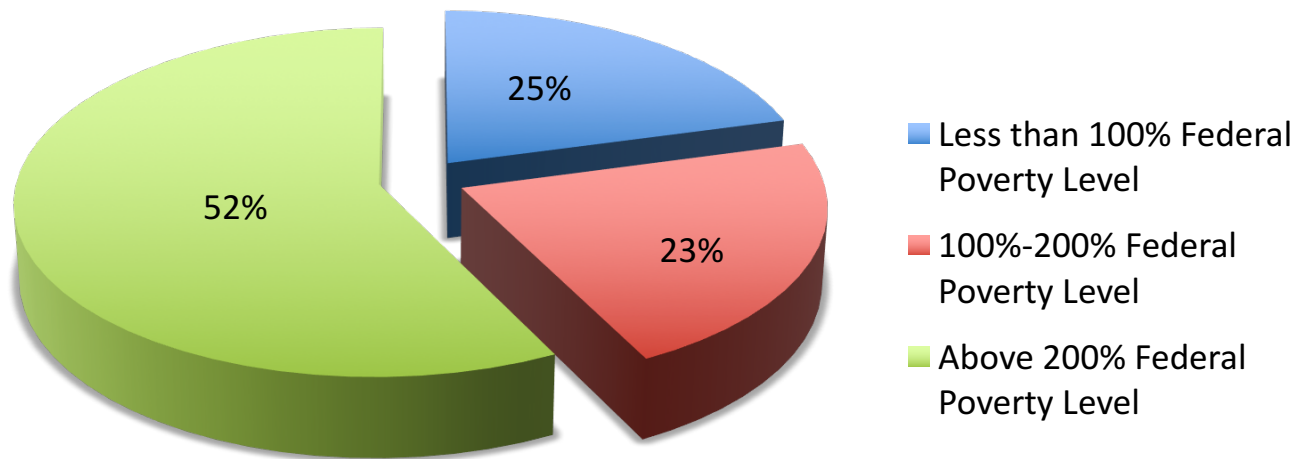
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## Children under 3 by Family Income in the United States



## What we know

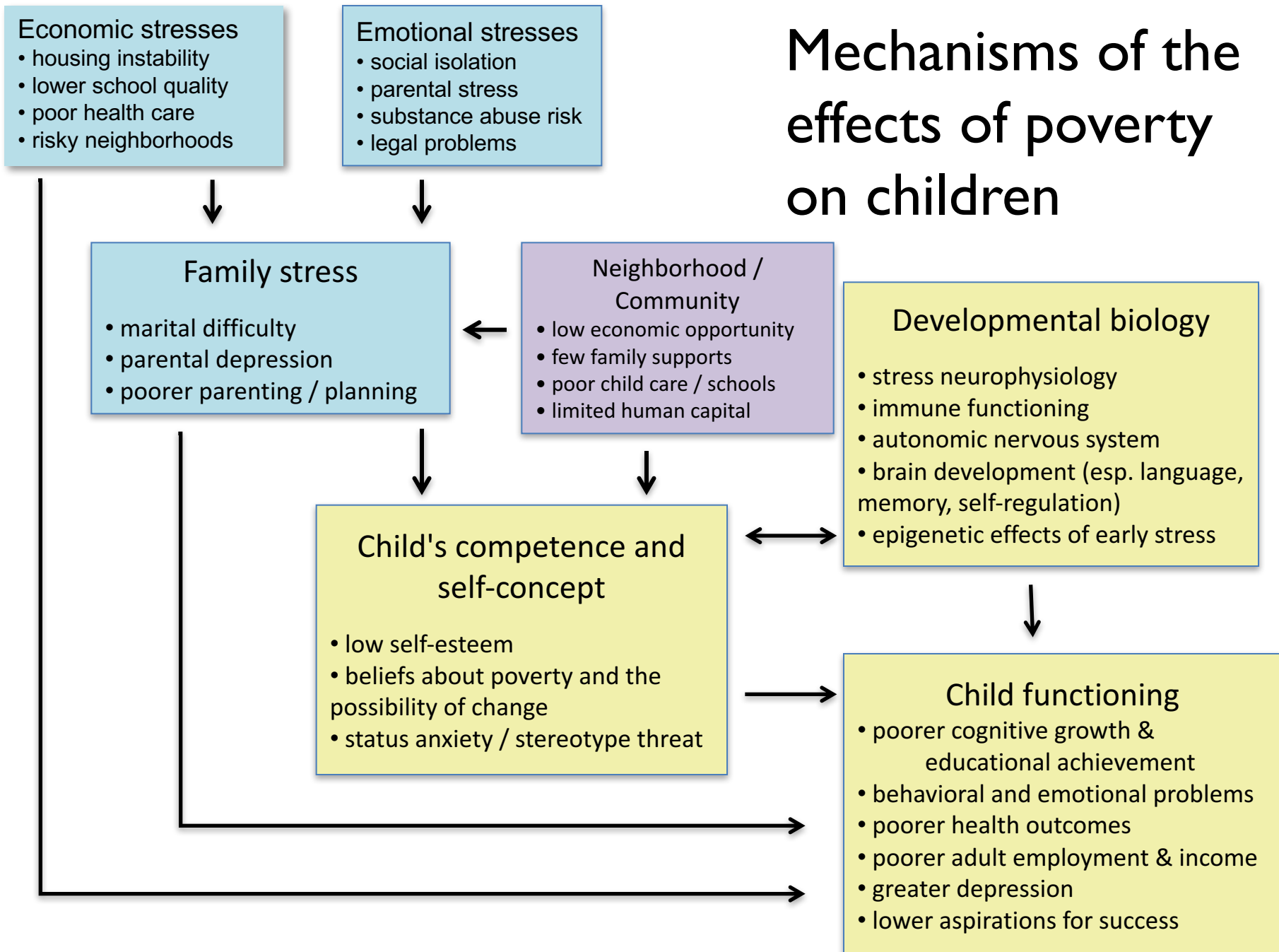
Growing up in poverty is a powerful predictor of negative long-term outcomes for children

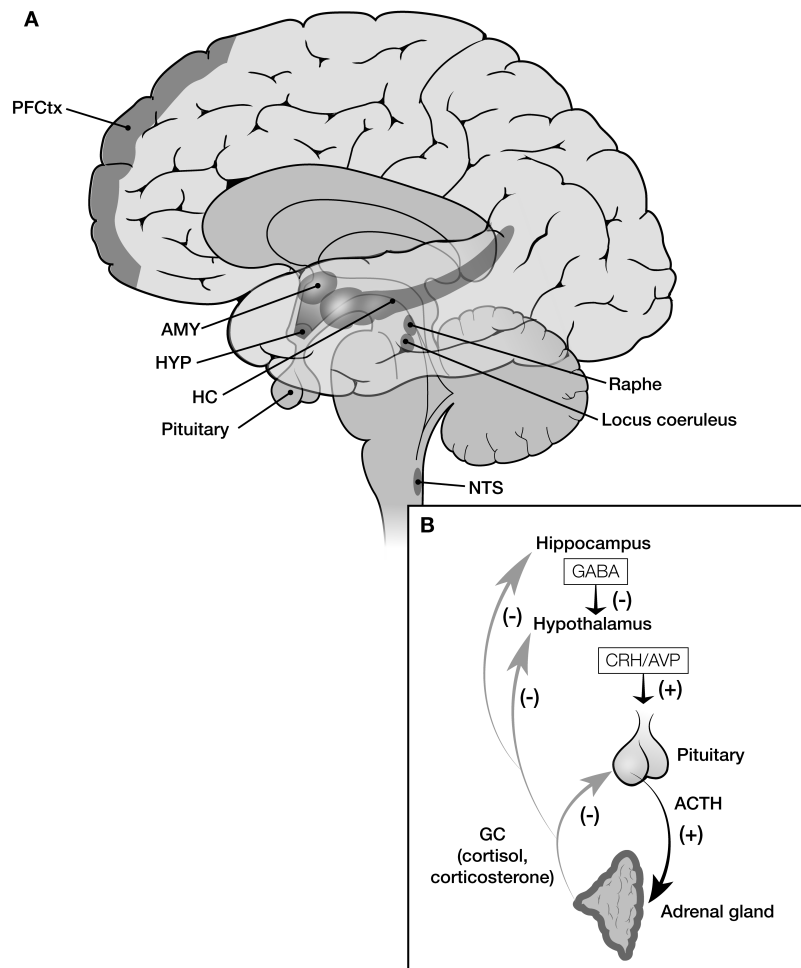
These outcomes are *caused* by low family income, not by other conditions

Poverty has such a significant impact because it affects children's development on multiple levels

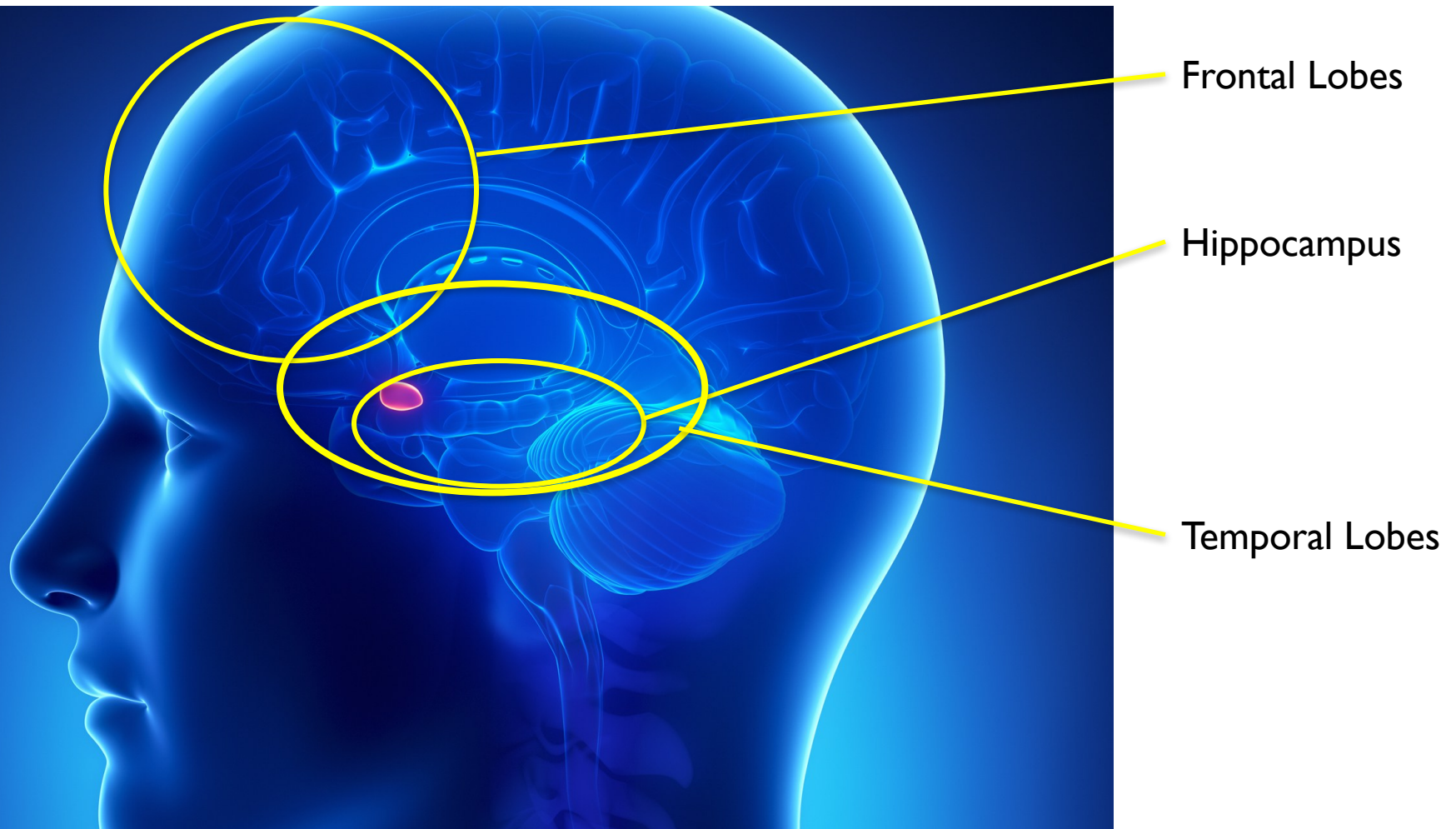
These influences begin very early, but they can be changed

# Mechanisms of the effects of poverty on children









# Can these poverty-related effects be changed?

- Family stress is directly linked to the availability of resources and supports that parents experience; parenting improves when adults experience reliable support
- Children's expectations and aspirations for success are malleable, especially when they are supported by children's experiences in school and at home
- Carefully-designed interventions show that biological systems disrupted by chronic stress can be normalized over time

## Policy implications

- Expansion of safety net programs can benefit children and reduce the intergenerational transmission of poverty
- Because of the malleability of early psychological and biological growth, particular attention to early childhood is warranted
- Two-generation interventions addressing both parental and child needs are also promising approaches
- Child-centered interventions that recognize the "under the skin" biological as well as behavioral consequences of economic insecurity are likely to be most helpful



# Thanks !



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