

family snapshots:

# NAVIGATING THROUGH ECONOMIC STRESS



## Concrete and economic supports create positive foundations for families to thrive.

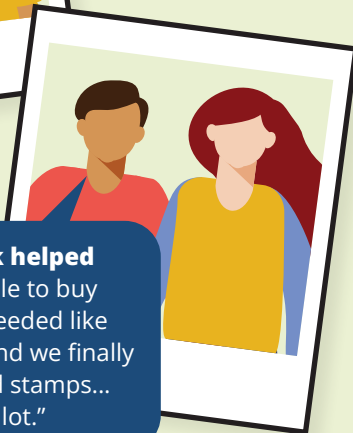
Such supports include clothing, food, medical care, paid leave, quality childcare and education, and safe shelter. However, the COVID-19 pandemic restricted these supports by disrupting employment, draining finances, and increasing economic stress.

We asked caregivers<sup>1</sup> how the pandemic impacted their families' supports.

### This is What We Heard:



“ Money for food, bills, rent, that’s the biggest challenge for me to buy what [we] need.”



“ The stimulus check helped us a lot. We were able to buy our kids what they needed like clothes and shoes. And we finally were able to get food stamps... and that helped us a lot.”



## The Challenges of Economic Stress

Caregivers lost their jobs or had to change their hours due to being **furloughed, an employer cutting hours, or reducing hours to provide care** for a family member.

**From March to November 2020,**



**1 out of 2** caregivers experienced changes in employment status.



When compared to men, **2x** as many women reduced their hours to care for their families.



Caregivers with children and youth with special health care needs (CYSHCN) were furloughed, laid off, or had reduced work hours **at a higher rate** than those without CYSHCN.



Household finances were negatively impacted. **2 out of 5** households experienced a negative change in finances.



## Federal Assistance Buffered Economic Stress

**1 out of 2** households received some financial support during the pandemic, including:



Food and support from local food banks, [SNAP](#)<sup>2</sup>, and [WIC](#)<sup>3</sup>



Health care assistance



Income support from [TANF](#)<sup>4</sup>



## Why It Matters

Growing up in economically stressed households may have long-lasting effects on children and their families. By working together to reduce stress and support families, we can also **reduce:**



Parental stress



Problematic child behavior



Harsher parenting



Child abuse and neglect



## Ways to Address Economic Stress

We all have a role to play in supporting caregivers and creating [safe, stable, nurturing relationships and environments](#)<sup>5</sup> for children. Here are some ways you can support families in your community:



Work to develop **trusted, respectful, and supportive relationships** with patients and families.



Talk with families about their **specific needs**, and let them know that the pandemic has been challenging for everyone.



Help families **connect with supports**, such as [home visiting programs](#)<sup>6</sup>, [food assistance](#)<sup>7</sup>, or [other community programs/resources](#)<sup>8</sup>.



Strengthen partnerships with various family-serving organizations to **identify and address systemic inequities**.



Share these ways of **promoting resilience** with families and others.



Working together, we can support families to **navigate through economic stressors** worsened by the pandemic, **build resilience**, and **create more opportunities for families to thrive**.

To learn more about how you can help create a better tomorrow, visit [bit.ly/FamSnapshotsC19](https://bit.ly/FamSnapshotsC19)

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Prevent Child Abuse America®

<sup>1</sup> Data reported in this infographic were collected as part of the Family Snapshot Surveys: [aap.org/en/patient-care/family-snapshot-during-the-covid-19-pandemic/](https://aap.org/en/patient-care/family-snapshot-during-the-covid-19-pandemic/)

<sup>2</sup> Supplemental Nutrition Assistance Program: [benefits.gov/benefit/361](https://benefits.gov/benefit/361)

<sup>3</sup> Special Supplemental Nutrition Program for Women, Infants, and Children: [benefits.gov/benefit/368](https://benefits.gov/benefit/368)

<sup>4</sup> Temporary Assistance for Needy Families: [benefits.gov/benefit/613](https://benefits.gov/benefit/613)

<sup>5</sup> [cdc.gov/ViolencePrevention/pdf/CM\\_Strategic\\_Direction--OnePager-a.pdf](https://cdc.gov/ViolencePrevention/pdf/CM_Strategic_Direction--OnePager-a.pdf)

<sup>6</sup> [healthyfamiliesamerica.org/](https://healthyfamiliesamerica.org/)

<sup>7</sup> [cdc.gov/nutrition/resources-publications/food-and-food-system-resources-during-covid-19-pandemic.html](https://cdc.gov/nutrition/resources-publications/food-and-food-system-resources-during-covid-19-pandemic.html)

<sup>8</sup> [preventchildabuse.org/connect-with-services-in-your-community/](https://preventchildabuse.org/connect-with-services-in-your-community/)

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