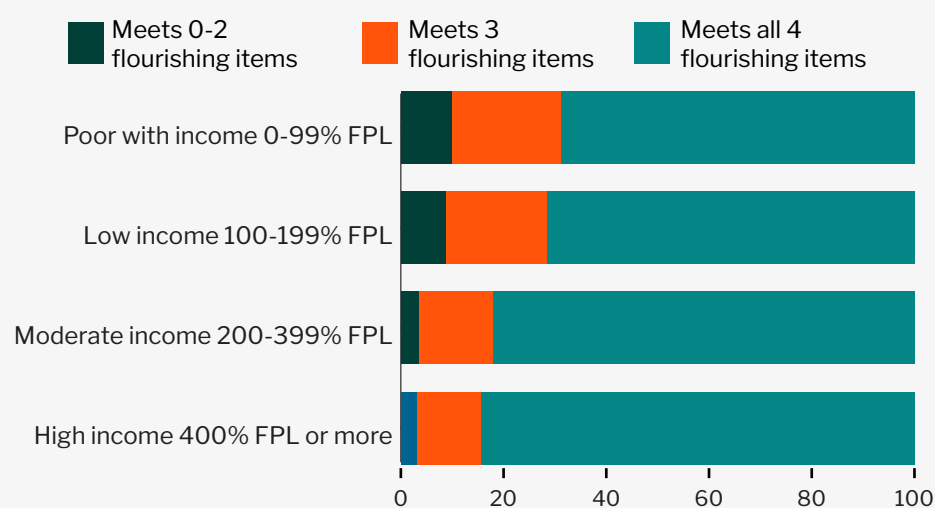




Early Relational Health and Well-being

Early Relational Health (ERH) is the state of emotional well-being that grows from nurturing connections between parents and their babies and toddlers when they experience safe, stable, and nurturing relationships (SSNRs).^{*} Social, racial, and economic injustices and challenges can overload families, often taking a toll on ERH. Family and community strengths, along with supportive programs and public policies, can help protect and promote ERH.

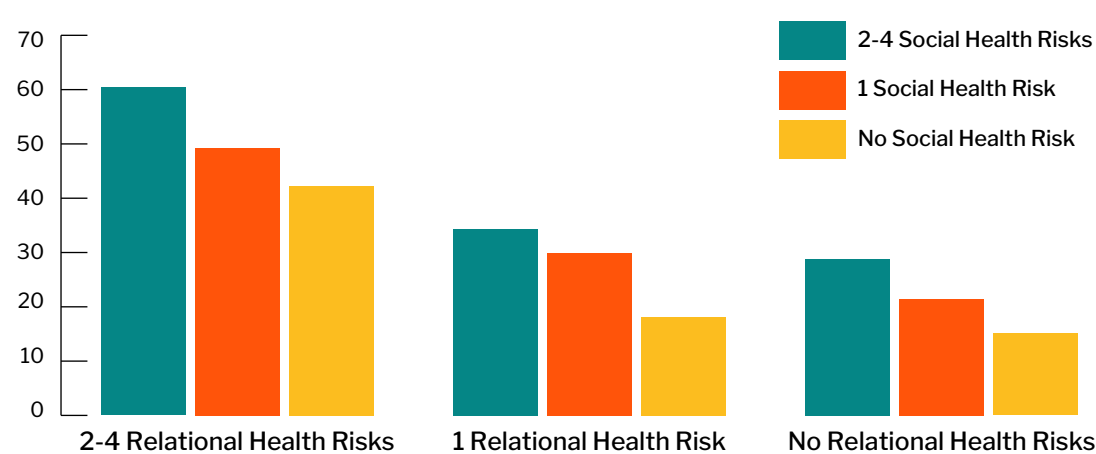
Flourishing Among Young Children 6 Months to 5 Years, by Federal Poverty Level (FPL)¹



Flourishing

ERH helps children flourish—have more positive relationships, engagement, and resilience. It can improve lifelong health, mental health and well-being. The National Survey of Children’s Health helps to measure aspects of flourishing among young children: 1) curiosity and interest in learning, 2) resilience, 3) relationship with parent, and 4) contentment with life.

Mental-Emotional and Behavioral Conditions Among Children 3-17, by Relational and Social Health Risks²



Social & Relational Risks

ERH promotes resilience and helps protect from the harmful effects of stress and adversity. Children experience both social health risks (e.g., economic hardship, food insufficiency, neighborhood violence, and racial discrimination) and relational health risks (e.g., ACEs, poor or fair parent mental health, and high parental stress).

Poverty Rate for Children Under 6, by Race/Ethnicity³

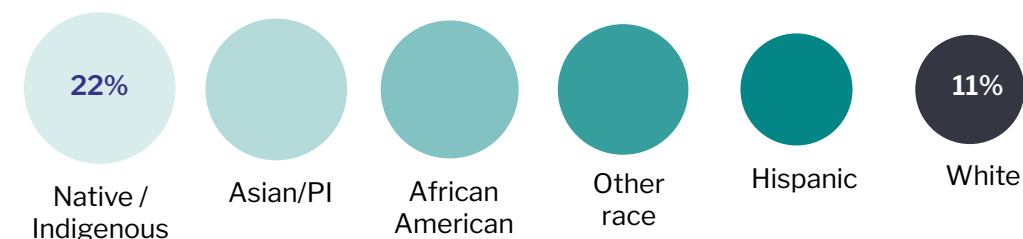


1/3 of the poor are children, the youngest are the poorest age group³

Income

Adequate income reduces parental stress and improves ERH. Ongoing stress associated with poverty has negative effects on parent-child relationships and development. Infants in families receiving child tax credits and unconditional income support show better development and brain growth.

Maternal Depression Rates, by Race/Ethnicity⁴



1 in 8 mothers report postpartum depression⁴

Parental Well-Being

The mental health of parents/ caregivers affects foundational relationships and ERH. Postpartum depression has a negative impact on mom and baby. While effective interventions exist, too many mothers experience undetected or untreated depression.



47% of children under 5 have health care that meets criteria for a basic medical home¹

46% of young children do not live in a neighborhood with social supports¹

87% children 0-5 years live in families that report having resilience, strengths, and hope, even during difficult times¹

Medical Home

Health care is where families with young children are most likely to receive services. Yet only half even have a basic medical home. More high performing medical homes are needed to promote health and ERH.

Community Support

We must listen to parents / caregivers to understand their needs and goals. Then, together, work to transform communities, systems, and policies, so every family can experience the well-being that grows from ERH.

*Garner A, et al./ Preventing Childhood Toxic Stress: Partnering With Families and Communities to Promote Relational Health. *Pediatrics*. 2021;148(2):e2021052582. <https://doi.org/10.1542/peds.2021-052582>

1. MCHB-HRSA. National Survey of Children’s Health, 2022 data. <https://www.childhealthdata.org/>

2. Bethell et al. Social and Relational Health Risks and Common Mental Health Problems Among US Children. *Child Adolesc Psychiatric Clin N Am*. 2022;31: 45–70. <https://doi.org/10.1016/j.chc.2021.08.001>

3. US Census Bureau, American Community Survey, 2020 data. <https://data.census.gov/cedsci/>

4. CDC, PRAMS data for 31 sites. Bauman et al. *MMWR*. 2020;69(19):575-581. <https://doi.org/10.15585/mmwr.mm6919a2>



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Conceived by the Center for the Study of Social Policy