

# Parents' pandemic-induced stress can do long-term harm to children, says expert

July 7 2020, by Avery Ruxer Franklin

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Credit: 123rf.com/Rice University

The COVID-19 pandemic, which has accentuated long-standing challenges many families face, has put additional stress on parents that could harm the development of their children, according to a new brief



"While we do not want to be alarmist, the research presented in this brief is supported by decades of studies in many disciplines; all demonstrate the negative impact of [parental stress](#), which is heightened during natural disasters, on brain development," Moore wrote. "The resultant cognitive and language delays will hinder academic ability and the potential for success in adulthood. We must plan now with the [future generation](#) in mind."

The brief proposes federal and state governments help stressed families by expanding small business relief funds, increasing health insurance enrollment through the Affordable Care Act, offering income tax credits and providing additional parental support services.

"Given the major economic losses caused by the pandemic, it is important to have systems in place that allow agencies and nonprofits to identify and proactively reach out to families most at risk," Moore wrote. "Meeting families' basic needs increases parental capacity to receive parenting support and to engage with their children in ways that reduce the risk of adverse brain development in their child."

**More information:** America's Children: Responding to the Crisis Now with the Future in Mind: [www.bakerinstitute.org/media/f...b-crisis-covid19.pdf](http://www.bakerinstitute.org/media/f...b-crisis-covid19.pdf)

Provided by Rice University

Citation: Parents' pandemic-induced stress can do long-term harm to children, says expert (2020, July 7) retrieved 6 May 2024 from <https://medicalxpress.com/news/2020-07-parents-pandemic-induced-stress-long-term-children.html>

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