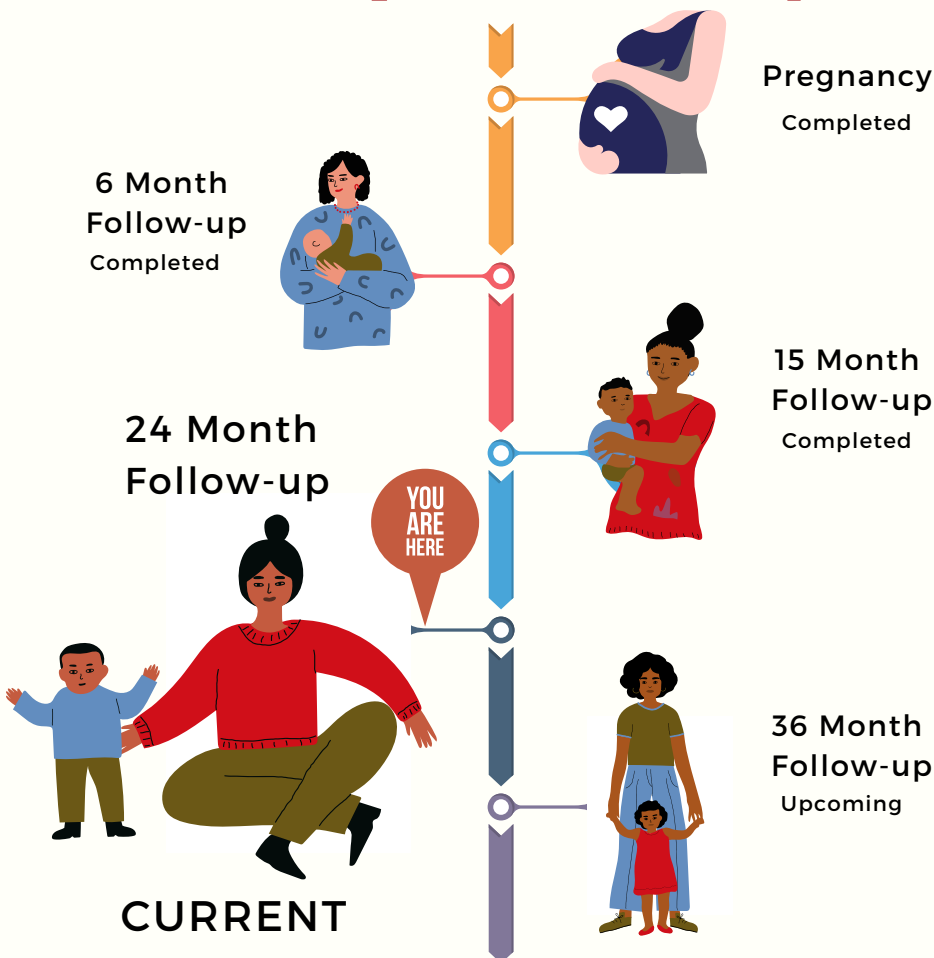


COVID-19 and Wellbeing Stress and Early Child Development



Study Roadmap



IN THIS ISSUE

STRESS DURING
PREGNANCY

24 MONTH
FOLLOW-UP

MEASURES

PRELIMINARY
RESULTS

NEXT STEPS

Stress During Pregnancy: How Stress Gets Under the Skin

WHAT DO WE
KNOW
ABOUT STRESS
DURING
PREGNANCY?

1. Stress during pregnancy may alter the development of infant stress biology
2. Prenatal stress may increase risk to child development
3. Features of family life and the environment can reduce or eliminate risk



1. How does the long-term stress of COVID-19 impact parent and child stress biology?
2. What is the long-term impact of COVID stress on child development and parent-child relationships?
3. Does child stress biology explain the link between COVID stress and child development?

WHAT QUESTIONS
ARE WE TRYING
TO ANSWER WITH
THIS STUDY?

24 Month Follow-Up

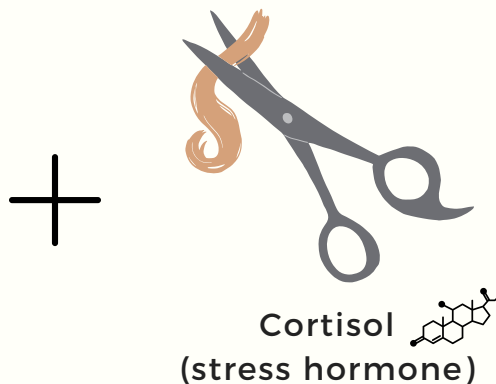
Measures: Biomarkers & Observation

Parent-Child
Interaction



Social/Emotional
Development &
How Children Play

Parent & Child
Hair Collection



Cortisol
(stress hormone)

Parent & Child
Stress Biology

Parent & Child
Saliva Collection



Telomeres

Parent & Child
Biological Marker
of Cellular Aging

INITIAL FINDINGS



Pregnancy and Birth Outcomes

1. Significant disruptions in access to prenatal care
2. Pregnancy-specific anxiety can affect birth outcomes (e.g., birth weight, pre-term birth)
3. Stress during pregnancy can affect male infants more



[Link to Article](#)



From Pregnancy to 15 Months

1. Levels of distress are higher than before COVID, but are getting lower over time
2. However, some participants did not report a lot of distress, and for others, the distress did not have an impact.
3. Greater social support, and lower negative impact of COVID-19 linked to lower distress

Article Coming Soon: Under Review

NEXT STEPS

Complete 24 Month Follow-Up

✓ 115

Surveys Completed

✓ 65

Zoom Visits Completed

✓ 31

Hair & Saliva Kits Completed

✓ 3

Home Visits Completed

THANK YOU!

Other research is showing that COVID-19 has had a significant impact on some children in terms of their mental health and learning outcomes, **however very little is known about infants and toddlers.** Your continued participation will help us understand the longer term impact of COVID-19 on stress and development in young children and how to foster child wellbeing.

