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\(^1\) how the pandemic impacted their families' supports.

**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\(^2\)**, and **WIC\(^3\)**
- Health care assistance
- Income support from **TANF\(^4\)**
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\(^5\) 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\(^6\), food assistance\(^7\), or other community programs/resources\(^8\).
- 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](bit.ly/FamSnapshotsC19)

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2 Supplemental Nutrition Assistance Program: [benefits.gov/benefit/361](benefits.gov/benefit/361)
3 Special Supplemental Nutrition Program for Women, Infants, and Children: [benefits.gov/benefit/368](benefits.gov/benefit/368)
4 Temporary Assistance for Needy Families: [benefits.gov/benefit/613](benefits.gov/benefit/613)
6 [healthyfamiliesamerica.org/](healthyfamiliesamerica.org/)
8 [preventchildabuse.org/connect-with-services-in-your-community/](preventchildabuse.org/connect-with-services-in-your-community/)

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