

It is known that living in poverty is bad for kid's mental and bodily health, and school performance.

Research recently found five key things, like neighborhood factors and school opportunities, are important for helping all kids thrive. The study also found that there are things families prioritize so more kids have healthy and successful lives. They are:

1. **Breastfeeding and healthy eating**
2. **Regularly scheduled and consistent sleep**
3. **Dependable and supportive caregivers**

The researchers found that when babies have even some of these things:

- have better thinking and language abilities as toddlers.
- have lower behavior and emotion problems as toddlers.
- had better brain structure development as toddlers.

These factors seemed especially important for protecting the well-being of kids who lived in lower-income environments. Altogether, this study hopefully will lead to societal changes that ensure all kids have access to the things they need to thrive. Until then, focusing on breastfeeding and healthy eating, uninterrupted sleep, and supportive caregivers may help more kids thrive!

Here is a list of resources to help with maximizing these factors:

- **Breastfeeding and healthy eating**
 - a. Resources for Breast Feeding:
 - i. Some [help](#) and [solutions](#) for common breastfeeding problems
 - ii. A toll free helpline in English and Spanish offered by the Office of Women's Health (1-800-994-9662)
 - iii. A 24-hour call line for breastfeeding support offered by Breastfeeding USA (612) 293-6622
 - iv. Support groups and phone support from La Leche League STL (<https://www.llstl.org/phone-help/>)
 - b. Resources for healthy eating
 - i. Ways to find low or free-cost nutritious food options in your [neighborhood](#)
 - ii. Eligibility [screener](#) for [national](#) food assistance programs
 - iii. A [list](#) of public libraries that have after-school food options
- **Uninterrupted sleep**
 - c. Parents as Teachers STL
 - i. call (314) 331-6152 or email Latasha.Anderson@slps.org.
 - d. [Nurses for Newborns](#) provides a host of free resources promoting safe and healthy sleep
 - i. 314-544-3433, Extension 315
- **Dependable and supportive caregivers**

- e. [Nurturing Parenting Program](#) is a national home visiting program recognized by the U.S. Department of Health and Human Services (573-522-2355)
- f. [Nurse Family Partnership](#) a national program with a home visiting model that ((314) 615-8330)

General [hotline](#) to find resources depending on needs: 800-TEL-LINK (800-835-5465)