

Jacky Dong  
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Research questions: how does poverty affect a child's mental and physical development?

As an issue that has been present for many years, one of the many issues that people should be worried about is the lives of impoverished families, which would lead them to have limited access to many things. Unlike most other families, Children from low-income homes would have to work harder than others to obtain something that others take for granted. As a result, this question may be crucial for individuals to be aware of. People don't typically pay the poor child more attention than others, whether it's at school or at work, which is why I became interested in this subject. I don't think they should get extra assistance or anything; I simply wish there were more chances for folks who are similar to them. Furthermore, I find it intriguing to understand the distinctions between families with typical incomes and those with low incomes. As I began my study, I was interested in learning more about how children in low-income families' mental and physical health may grow as well as potential problems. My initial assumption on this subject is that the sole distinction would be that they might enter maturity earlier than other children of similar ages. However, there are more details than I anticipated.

#### Work Cited

Murphey, David, and Zakia Redd. "5 Ways Poverty Harms Children." *Child Trends*, 8 January 2014, <https://www.childtrends.org/publications/5-ways-poverty-harms-children>. Accessed 2 November 2022.

Over time, poverty has been a main issue for a very long period. The government had tried to decrease the rate of poverty over the country, but it did not come out as well as it is. As poverty goes on, people, childrens' all get affected by it and it causes enormous amounts of problems. In 1964, the poverty rate of children was 23 percent, which means that around 23 percent of children over the country are suffering and trying their best even to survive. Additionally, if we only count blacks and Hispanic, the rate pops up into around 39 and 34 percent, which is almost half. Poverty could bring up many mental or brain problems to a child's development. It could lead them to adulthood faster than other children and shortened their life expectancy. The next problem would be that when comparing with other peers around the same ages, the gaps will all appear and make them feel inferior and as the time goes on the gaps will become wider and wider. This could cause most poor children to lose competition with others and eventually to drop out from school. Growing up poor will also cause bad health, bad emotions and even bad behavior, which have a higher chance of receiving some chronic health conditions.

After reading the passage, I learned that there's multiple issues that could happen to children who are in poverty. The information presented above includes a wide range of potential to children's mental and physical health. The information that was mentioned was largely new to me, therefore this really impressed me. In my opinion, poverty is a big disadvantage for a child's mental and physical development, because as it's mentioned in the text it greatly increases the chances of them being in adulthood faster than other peers in the same ages.

“Particularly at its extremes, poverty can negatively affect how the body and mind develop, and can actually alter the fundamental architecture of the brain. Children who experience poverty have an increased likelihood, extending into adulthood, for numerous chronic illnesses, and for a shortened life expectancy.”

#### Works Cited

Korenman, Sanders, et al. *Long term poverty and child development in the United States: Result from the NLSY*. 1994.

Child's who had been through poverty would be more likely to have different cognitive and socioemotional development from others. Many scientists conducted studies on various families, and the findings revealed that in many low income families their child could score a lower grade in the following experiment. The first test, HOME (Home Observation for Measurement of the Environment-short Form), tested the emotional and cognitive stimulation in the child's environment, in which observes the interaction of the child and their family, and the amount of material or activities available to the child. The VMAB and VMC (McCarthy Scale of Children's Ability: Verbal Memory Subscales), tested the short term memories which the child would repeat after what the interviewer said. The experiment above is only a certain amount of examples that the studies use. The studies put in a lot of effort and did the experiment to many children in families including the low income and the average to high income. And the result

shows that most children in low income families would have a lower expectation than a child from high income.

This essay, in my opinion, offers unique techniques to compare childrens from average and low-income households. Additionally, it excels at distinguishing between the two types of families. They used methods to calculate the gap between IQ and cognitive ability of poor children. I was quite alarmed to learn that a child's exposure to poverty might significantly reduce the likelihood of having a high IQ and healthy cognitive development.

“Our estimates of the mediating effect of the HOME score on the cognitive disadvantages of poor children are lower than estimates of the mediating effect of HOME scores on the IQs of poor children (Goldstein 1990).<sup>9</sup> The difference between our estimates and those reported by Goldstein

may be due to differences in outcome measures used, or it may result from the fact that the studies she reviewed lacked adequate measures of long-term income. Where controls for long-term income are lacking, the HOME score would measure both aspects of the home environment and the long-term income/needs ratio of the child’s family.”

#### Works Cited

The Hechinger Report. “How trauma and poverty impact a child's brain.” *youtube*, 2018.

In this video, a child’s earliest three years is the most important time for the development of the brain, as most of their neural circuits are developed during this time. And after this time, children in poverty would frequently experience everyday pressures that cause the stress

hormone to be released. This is owing to the fact that many activities will entail money as a result of family financial problems. In such a situation, a kid's youth is the most crucial stage of their life, and if their family is experiencing financial difficulties, they would need to take more steps than any other youngster. However, a child's life may experience other problems besides wealth inequality. If a child's parent abuses or overstresses the youngster, it is one of the most crucial variables in the child's development. A child's brain circuits will not grow properly if they endure too much stress and have to deal with too many problems. Additionally, memory and learning may be more challenging for some people due to weak circuits.

As I watch the videos, I'm learning that a child's early years are the most crucial for their growth. Where everything around them could affect the way their brain would be growing. Because each person has a unique set of experiences and has grown up in a diverse range of civilizations, this may help to explain why people behaved the way they did.

“Weak circuits can lead to memory and learning problems, behavior issues and can even permanently change the brain’s structure”

In conclusion, In my investigation, I came across a lot of concepts, most of which I find to be really intriguing. In the first sources by Murphey, David, and Zakia. They talked about what are the issues that could occur when a child faces their whole life in poverty, where other people should be worried about the majority of the issues. Furthermore in the second sources by Korenman and sander. They had conducted a great deal of amazing study on those who had studied the topic. It’s about the comparison of IQ and cognitive development of poor childrens,

And several methods are employed during the experiment. At last, the third source is from a YouTube video. It's about how stressors could highly affect a child's brain circuits development. In addition, A child's first three years are the most important years of their existence. These facts had caused me to reconsider how I regarded those in need of assistance on a regular basis. It astonished me to learn that the impoverished child's childhood might be transformed. These details should be communicated with teachers and parents, because as children get older, the amount of time available to instructors and parents decreases.