



## Time Spent in Childcare is Not Associated with Mental Health Risks in Young Children Facing Family Challenges



### Why was this study needed?

ECHO scientists wanted to understand whether attending out-of-home childcare improves or worsens the effects of family challenges, such as parent mental illness or economic hardship, on children's mental health.



### What happened?

2,024 parent-child pairs from three ECHO research sites were included. Researchers surveyed parents about their kid's childcare attendance (birth to age 3) and challenges their family may have faced during that time. Later, they asked them about their children's mental health symptoms and behaviors (kids aged 3 through 5).



### What were the results?

Kids who experienced family challenges early in life were more likely to have symptoms and behaviors related to anxiety, depression, hyperactivity, and aggression. Time spent in childcare was not associated with any improvement or worsening of these symptoms or behaviors.



### What action could I take after reading this information?

Studies like this can help us understand how different types and qualities of childcare could improve the effects of family challenges on children's mental health, helping to shape public health policies that promote healthy outcomes for kids.



[Read the summary: ECHO Cohort Study Finds Amount of Time Spent in Childcare Not Associated with Mental Health Risks in Young Children, Including Those Facing Family Challenges](#)



## Stronger Friendships Matter More than Time Spent on Social Media for Teen Mental Health



### Why was this study needed?

ECHO researchers wanted to understand how teen social media use affects their mental health in both positive and negative ways



### What happened?

Researchers surveyed 963 teens aged 13 to 18 from three ECHO research sites about their social media habits. The researchers also measured the teens' life satisfaction, sense of purpose, symptoms of depression, and friendship quality.



### What were the results?

Teens with strong, supportive friendships were more likely to have positive mental health, while those with poor-quality friendships were more likely to have worse mental health, even if they spent similar amounts of time on social media.



### What action could I take after reading this information?

Instead of focusing on limiting teen social media use, parents can support teens in building and maintaining strong, supportive friendships.



### Read the summary:

[Strong Friendships Matter More than Time Spent on Social Media for Adolescent Mental Health, ECHO Study Finds](#)

## Maternal Stress During & After Pregnancy May Be Associated with Child Sleep Problems



### Why was this study needed?

ECHO researchers wanted to understand how maternal stress during and after pregnancy might lead to sleep problems in children.



### What happened?

1,965 mother-child pairs from ECHO research sites across seven U.S. states and Puerto Rico were included in the study. Mothers answered questions about their stress levels during and after pregnancy, and later they answered questions about their child's sleep quality (kids aged 4 to 8).



### What were the results?

Stress during pregnancy was associated with child sleep problems and sleep disturbances, even when accounting for the influence of stress after pregnancy.



### What action could I take after reading this information?

Stress during and after pregnancy is very common. Talk to your doctor about ways to manage stress.



### Read the summary:

[ECHO Study Finds Maternal Stress During and After Pregnancy May Be Linked to Child Sleep Problems](#)

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