

POSITIVE HEALTH

How ECHO Advances Research on Child Well-being

The ECHO Program studies factors that affect your child's mental health and well-being.

Mom's Mental Health

How your stress, anxiety, sleep, and mental health during and after pregnancy as well as your own childhood experiences may affect your child's mental health and well-being.

Neighborhood Conditions

How neighborhood factors like access to housing, transportation, education, healthy foods, and parks may affect your child's mental health and well-being.

Child Habits

How your child's daily habits like their sleep patterns, diet, screen use, and physical activity may affect their mental health and well-being.

Family & Friends

How your child's relationships with family, friends, and caregivers as well as family hardships may affect your child's behavior and brain development.

Why It Matters

Good mental health is more than just the absence of illness. It's about your child feeling happy, connected, and resilient. Many factors can influence how your child feels and copes with the world around them. ECHO research helps us better understand what supports children's well-being, giving families, healthcare providers, and communities the knowledge to help every child thrive.

Explore what the ECHO Program has learned about positive health.

ECHO
Environmental influences on Child Health Outcomes

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