More children experience poverty than any other age group in the US. One in five children live in poverty, defined as an annual income of under $24,008 for a family of four in 2014. Children of color are more likely than white children to live in poverty. Nevertheless, research shows that children and families can build resilience and overcome the effects and stigma of poverty.

**Poverty is Associated with Several Risk Factors for Children**

Children living in poverty
- are four times as likely as other children to witness family or neighborhood violence
- come into contact with more environmental pollutants in their neighborhoods
- are more likely than other children to attend schools that need repairs
- have less access to books and enrichment activities outside of school

**Poverty Has Negative Effects on Child Development, Achievement, and Health**

Children living in poverty
- score lower on tests of cognitive development
- complete fewer years of schooling and have less earning power as adults than those who grow up in households above the poverty line
- are more likely to suffer from asthma
- experience more symptoms of anxiety, depression, and ADHD

**Families and Children Can Overcome These Risk Factors with the Right Tools**

Research shows that the effects of the risk factors for children living in poverty can be improved. Impoverished children’s outcomes can be helped by
- supplementing families’ income with refundable tax credits (Earned Income Tax Credit, Child Tax Credit), increasing the minimum wage, and unemployment insurance
- providing high quality childcare and early educational opportunities
- building resilience through trauma-informed interventions that help children identify and develop coping skills, assets, and resources
- making in-home support and education available to families through home-visiting programs
- decreasing childhood hunger through food assistance programs, such as the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and the Supplemental Nutrition Assistance Program (SNAP)
- providing safe, healthy environments and decreasing childhood exposure to violence