

# The effects of poverty on the physical development on children



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The effects of poverty on the physical development on children Poverty has become one of the most essential factors that negatively influence child health and development along a number of dimensions. Understanding how it may affect children and what can be done to reduce its effects are important questions for professionals who work with children. Thus, it is essential to realize that poverty has significant effects on the growth patterns, motor skills, central nervous system, nutrition, accidents, health, illnesses and death of children. As J. Lawrence Aber et al (1997) maintain, “poverty—net of a variety of potentially confounding factors—is associated with increased neonatal and post-neonatal mortality rates, greater risk of injuries resulting from accidents or physical abuse/neglect, higher risk for asthma, and lower developmental scores in a range of tests at multiple ages.” (Aber, et al., 463) Significantly, poverty has a negative effect on children’s socio-emotional development, together with the growth patterns, motor skills, health and physical development of the children. It is fundamental to realize that the complex issue of poverty cannot be treated as a one-dimensional phenomenon: “ It directly influences the ability of families to meet their children’s basic needs and provide societal minimums such as shelter, nutrition, and health care. In addition, it has a negative influence on family functioning, increasing the likelihood of marital conflict, psychological distress, depression, and loss of self esteem. (Oberg, 3) In a careful analysis of the various factors that may influence resiliency, or the tendency to overcome poverty without short-term or lingering effects, it becomes evident that lack of awareness about poverty and the roots of the issue mainly result in fostering of resiliency. It is through a thorough understanding of the various aspects of poverty and positive thinking that one can reduce the

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amount of resiliency about poverty. Works Cited Aber, J. Lawrence et al. "The Effects of Poverty on Child Health and Development." Annual Reviews Inc. 1997. 18. P 463-83. 11 July 2011. . Oberg, Charles. "The Impact of Childhood Poverty on Health and Development." Healthy Generations. Maternal & Child Health Program. School of Public Health. Vol. 4: Iss. 1. 2003. P 3. 11 July 2011. .