Today’s piece was prepared by Michelle Grafelman, MD, based on a *USA Today* article [During the Pandemic, are the little kids all right? Survey shows COVID is taking a toll now and will in the future](http://www.usatoday.com/story/news/health/2020/08/19/covid-pandemic-taking-toll-families-young-children/5585373002/).

Alia E. Dastagir details the potential damage done to the development of children ages 0 to 5 years as a result of the COVID-19 pandemic. She refers to the Rapid Assessment of Pandemic Impact on Development Early Childhood Household Survey Project ([RAPID-EC Project](file:///C:\Users\szinne\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\6YKHVFLP\medium.com\rapid-ec-project)) from the University of Oregon, finding two-thirds of parents of young children reported increased stress since the pandemic began. This stress encompasses worry over contracting the virus themselves, concern for children and other family members, and financial stress related to the economic crisis. According to Dastagir’s interpretation of study findings, that increased stress, coupled with decreased emotional support in the setting of social distancing, can have toxic effects on child development, as well as the physical and mental health of children into the future. In particular, the social development and emotional wellbeing of children are at risk.

The RAPID-EC study is uniquely published in a blog-like format with data and conclusions written in multiple articles, each focusing on a different sub-topic, including child and caregiver bonding, parental stress, and racial inequality. Dastagir excellently summarizes the articles, describing the issues that have and will arise from the social isolation and overwhelming stress that parents of young children are experiencing. However, she is not entirely unbiased in her construction of the article. Dastagir’s writing reflects the tone and opinion of the study writers. The argument is strong and well-built, persuading readers that the issues associated with schoolchildren learning from home or teenagers deciding whether to delay college are not the worst challenges faced by young people at this time. Rather, she makes the intriguing case that those in their critical years of brain development, ages 0 to 5 years, should be at the forefront of wellbeing discussions.

**RESOURCES ON COVID-19:**

[Various COVID-19 related info & supports guided by Developmental & Behavioral Pediatrics](https://www.sdbp.org/cv19) *Society for Developmental & Behavioral Pediatrics*

[Childcare Aware of America](https://www.childcareaware.org/coronavirus-hub/coronavirus-landing-page/) *Coronavirus-specific resources for childcare professionals; supported through the Emergency Child Care & Technical Assistance Center*

[Coping with Stress](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html) *CDC: Coronavirus Disease 2019 (COVID-19)*

And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!