

Supported families

This fact sheet is one in a series of six that make up Minnesota's Statewide School Readiness Report Card. The Report Card is developed to monitor the state's progress toward the goal that all children are ready for kindergarten by the year 2020. The report card includes indicators of progress for both systems and child outcomes. Together, the fact sheets provide a comprehensive picture of Minnesota children under age 6. Trends are examined in the early childhood population, early care and education, health and development, and family support. Data are reported for the most recent year available. Disparities based on race/ethnicity are noted when data are available. This sixth fact sheet provides information on supported families.

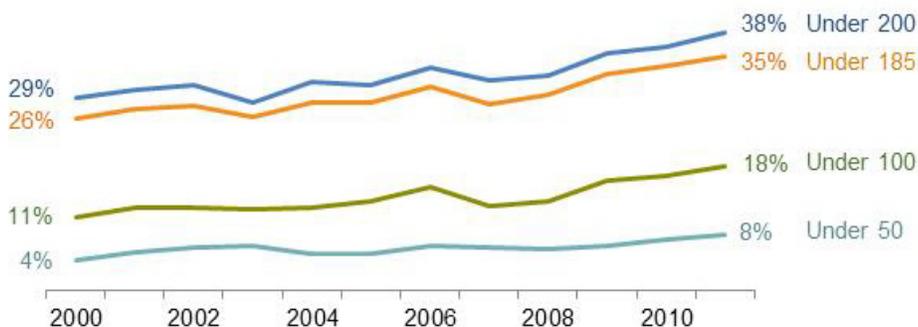
Children under age six in poverty

Experiencing poverty, especially early in life, is associated with a host of negative academic, social, and health outcomes for children, including higher rates of chronic disease and shorter life expectancy.

More than one in six children under age six lives in poverty, with large disparities by race.

Over the past decade, more and more children are growing up in poverty, especially children of color. Nearly 77,000 or 18 percent of children under age six in Minnesota lives below the federal poverty level (\$23,550 for a family of four in 2013). An additional 67,000 children live at or below 185 percent of the poverty level— a threshold often used to base income eligibility guidelines for government programs.

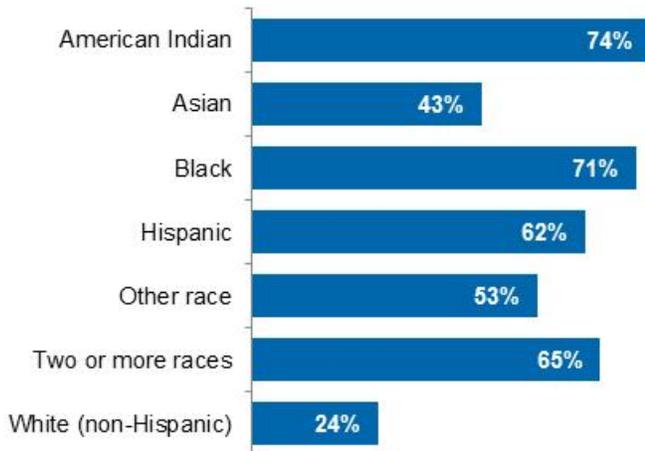
Children under age 6 living in families at various poverty intervals, Minnesota, 2000-2011



Statewide, 61 percent of children under age six living in poverty are children of color.

Children of color are more than three times as likely to live in poverty (at or below 100 percent of the federal poverty guidelines) as their white counterparts (36 percent and 10 percent, respectively). This disparity is seen at all poverty intervals, as shown below with the percentages of children under age six in Minnesota living at or below 185 percent of poverty by racial or ethnic group.

Children under age six living in families at 185 percent of poverty and below by race/ethnicity, Minnesota, 2009-11



New mothers with symptoms of depression

A mother’s mental health can impact her baby’s brain development and the healthy attachment between parent and child. These early development and attachment problems may affect the child’s ability to learn as well as the child’s later physical and mental health.

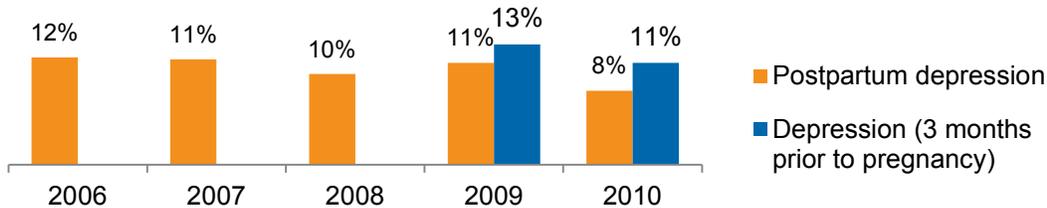
Every year, more than 10,000 children are born and cared for in Minnesota by mothers with depression, with disparities by race.

According to Minnesota PRAMS (Pregnancy Risk Assessment Monitoring System) about 10-12 percent of babies have mothers with a history of depression and/or postpartum depression.

Based on Minnesota PRAMS 2009-2010, African American (15 percent) and American Indian (18 percent) mothers had significantly higher rates of postpartum depression as compared to the overall rate (10 percent). Among mothers who reported depression prior to pregnancy, African-Americans (18 percent) and American Indians (28 percent) had significantly higher rates as compared to the overall rate (12 percent).

Twenty percent of mothers with incomes at or below the poverty level report depression prior to pregnancy, significantly higher than the overall rate of 12 percent.

Self-reported depression among Minnesota mothers, prior to pregnancy and postpartum



Note: In 2009, how postpartum depression is measured changed, so data for 2008 and before are not comparable to 2009 and after.

Parents who participate regularly in Early Childhood Family Education or Head Start parenting education

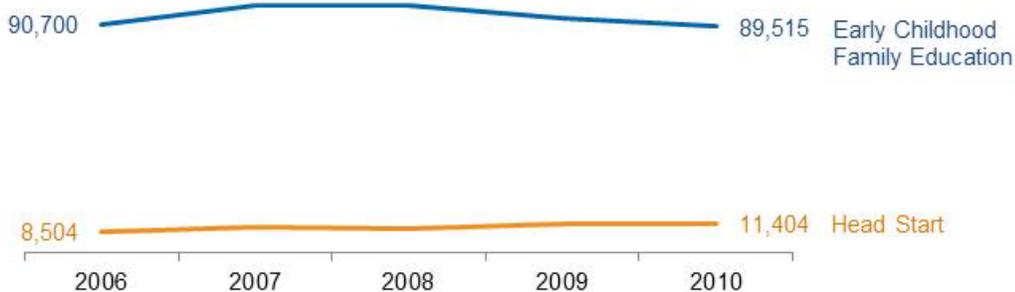
Family engagement and positive parent involvement are critical for a child’s social development and well-being. Early Childhood Family Education (ECFE) and Head Start are two programs that provide parenting education and resources parents may need as they raise their children.

Early Childhood Family Education (ECFE) provides opportunities for parental learning on how children develop, positive parent-child interaction, and peer support. Classes include time for the parent and child to work together on activities and time for a discussion group led by a licensed parent educator.

Head Start engages parents in family well-being and positive parent-child relationships. Head Start provides services for children and parents with poverty-level incomes or those who meet other risk criteria such as homelessness, a parent with a disability or a child with special needs, and foster children with high-risk factors.

About 90,000 (duplicated) parents participate in ECFE, and about 11,000 parents participate in Head Start parenting education.

Parents who participate in ECFE or Head Start parenting education



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For more information

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