

## December 2023

**Economic Equality:** *The shortage of quality childcare impacts a family's economic future. It also affects the growth of the child!*

### Connections between child care and health

Decades ago, women were helping to start child care programs because they didn't want to take their children to job sites or leave them home alone while they worked. They knew that access to child care would enable more women to work, safe in the knowledge that their children were being well cared for and that they could earn a better income for their family.

Years later, considerable research has confirmed that these women were right about their family's income and so much more. Studies have shown that access to quality child care can improve children's mathematical reasoning, cognitive skills, and psychosocial outcomes. It has also helped ensure that children get enough protein and vitamins. It even helps improve their height and weight. This is a clear demonstration of the impact of child care on child development.

So what's the problem? Globally, more than 40% of all children below primary school age—nearly 350 million—[need child care but do not have access](#). As a result, small children are often left in the care of an older sibling, usually a girl who must then forgo school. The negative effects span generations.

**Dependent Care:** *Women are often the ones that care for elderly parents. Watch out for signs of stress. It's important to take care of yourself (like going to a BPW event)*

The signs of caregiver stress include:

- Feeling burdened or worrying all the time.
- Feeling tired often.
- Sleeping too much or not enough.
- Gaining or losing weight.
- Becoming easily irked or angry.
- Losing interest in activities you used to enjoy.
- Feeling sad.
- Having frequent headaches or other pains or health problems.

**Victims' Rights:** Do you know someone who has been a victim of a scam? Here are some red flags to look for.

[How Seniors Can Stay Safe Online](#)



**Health:** *Dealing with mental health can be daunting. Men often hide their needs but women are often ignored when trying to seek help. The following article has some interesting insights into dealing with mental health issues for women.*

[Women's Mental Health: Insights, strategies and support](#)