

### North Carolina

Do you know what lies ahead for North Carolina? No need to consult a crystal ball. The clearest way to envision what the future holds is to take a look at the babies. They tell us an important story of what it is currently like to be a very young child in this state and the important resources that can change the future life course for the many children who are not getting off to the best start.

A baby’s early experiences shape the brain’s architecture into a strong—or fragile—foundation for learning, health, and success in the workplace. Adverse early experiences, such as poverty, can weaken babies’ brain development and follow them their entire lives. A state’s ability to build a strong, competitive economy in an increasingly global marketplace is jeopardized when the future of so many young children is compromised. By evaluating these facts and using them to improve relevant programs and services, North Carolina can re-prioritize infants, toddlers, and their families and change the future for all of us.

All babies in North Carolina, and across the United States, need **good health, strong families, and positive early learning experiences** to foster healthy brain development and realize their full potential. How does North Carolina compare with the United States in providing these supports?

### The Basics about Infants and Toddlers in North Carolina

	STATE	NATIONAL
Total population under age 3	362,108	11,886,860
Percentage of children under age 18 who are infants and toddlers	16%	16%
Live in families with parents who are unemployed	13%	11%
Live with an unmarried parent	36%	34%
Mothers in the labor force with infants	62%	62%

KIDS COUNT RANKING:

**34**

STATE RANKING FOR CHILDREN 0-18 WELL-BEING

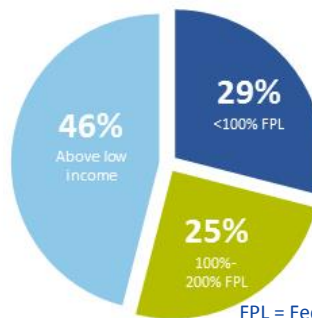


#### BABIES AT RISK:

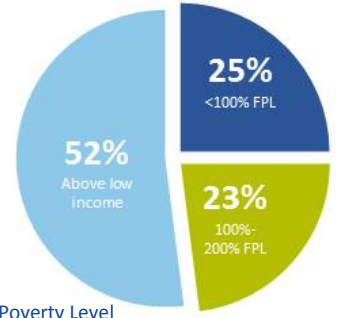
Infants and toddlers by family income level

In North Carolina, a significant percentage of infants and toddlers live in low-income families, leaving them particularly vulnerable. Research shows that poverty at an early age can be especially harmful, affecting later achievement and employment.

#### North Carolina



#### National



FPL = Federal Poverty Level

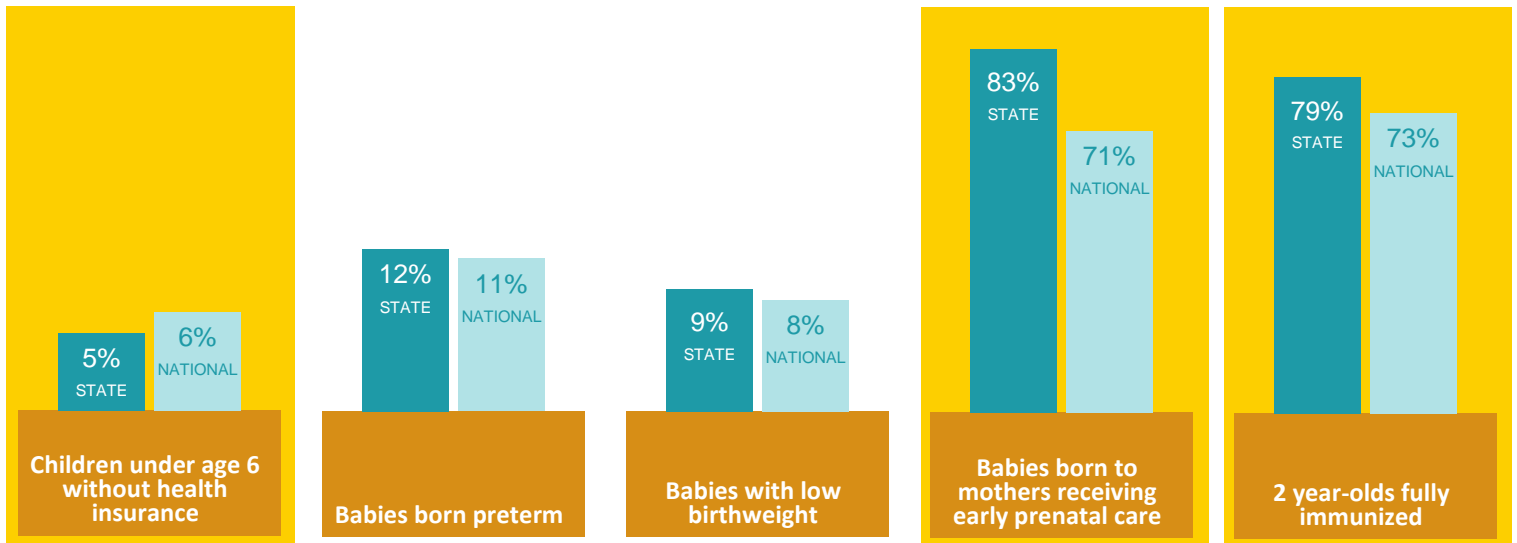
SOURCE: National Center for Children in Poverty

# NORTH CAROLINA'S GOOD HEALTH



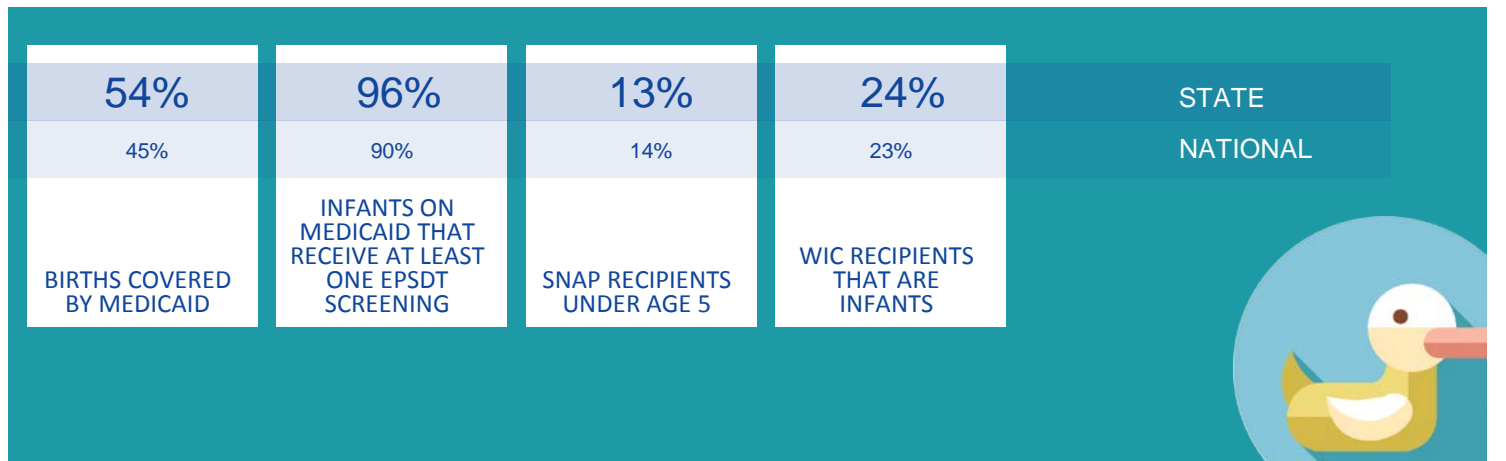
Good health is the foundation from which young children grow and develop physically, cognitively, emotionally, and socially. The need for high-quality medical care and adequate nutrition before birth and during a child's earliest years is more crucial than at most other times in life. Preventive care and screening can catch problems early and are key building blocks for healthy early development.

## HOW DOES NORTH CAROLINA'S GOOD HEALTH COMPARE WITH U.S.?



## HOW CAN WE SUPPORT GOOD HEALTH?

Programs can help ensure that North Carolina's babies get a healthy start in life, as health and nutrition programs play a key role in protecting the health of the most vulnerable infants and toddlers. These programs include **Medicaid**, the **Supplemental Nutrition Assistance Program (SNAP)**, and the **Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)**. For more information on these programs, go to [www.zerotothree.org/goodhealth](http://www.zerotothree.org/goodhealth).

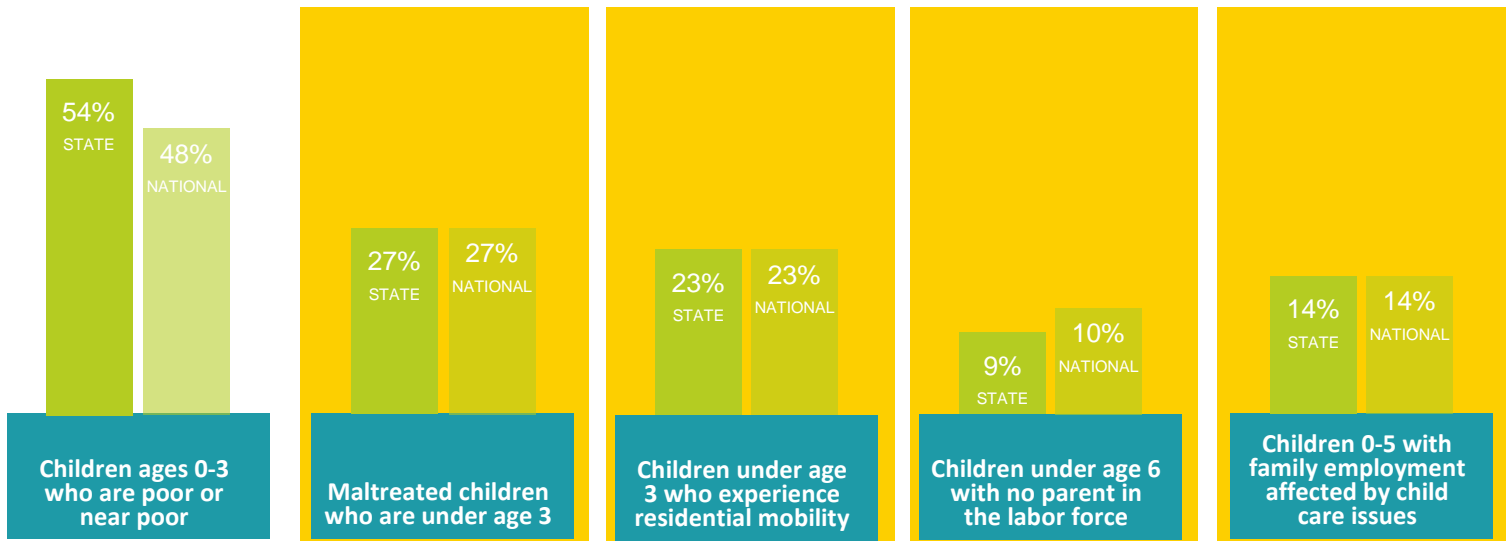


# NORTH CAROLINA'S STRONG FAMILIES



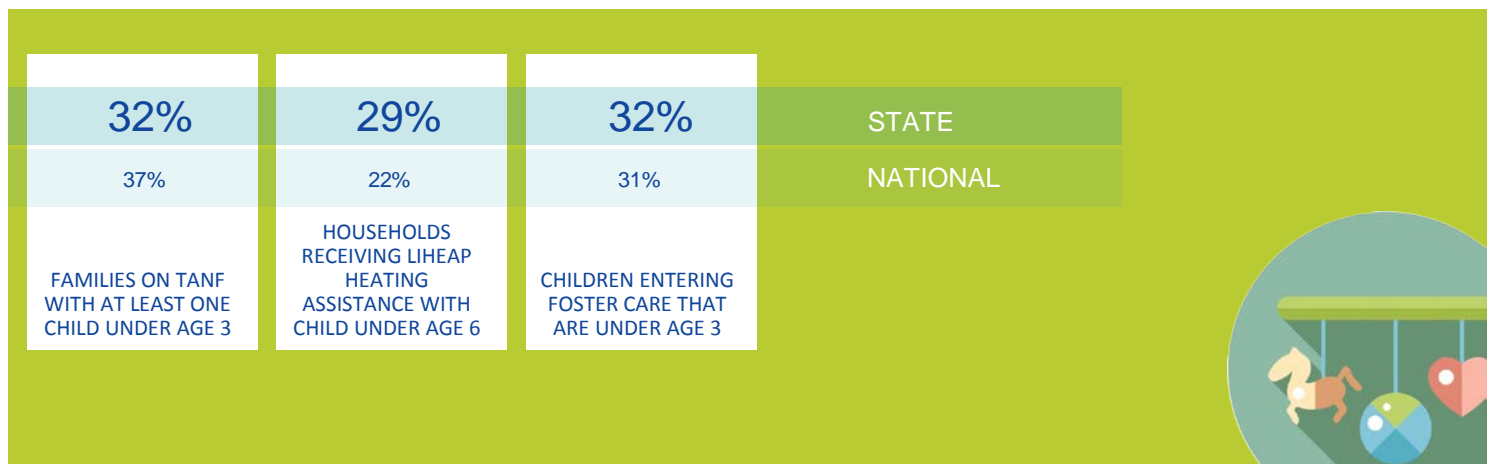
Young children develop in the context of their families, where supportive relationships nurture their growth. Especially during an economic downturn, it can be challenging for parents to provide their children the necessities of life. During these early years, factors like family stress, multiple moves, fluctuating family structure, difficult economic situations, negative environmental effects, and abuse and neglect can impair the development of infants and toddlers.

## HOW DO NORTH CAROLINA'S STRONG FAMILIES COMPARE TO THE U.S.?



## HOW CAN WE SUPPORT STRONG FAMILIES?

Programs like **Temporary Assistance for Needy Families (TANF)**, **Low Income Home Energy Assistance Program (LIHEAP)**, **Home Visiting**, **Child Welfare**, and **Paid Family Leave** play an important role in helping North Carolina's families support their child's healthy growth and development. For more information on these programs, go to [www.zerotothree.org/strongfamilies](http://www.zerotothree.org/strongfamilies).

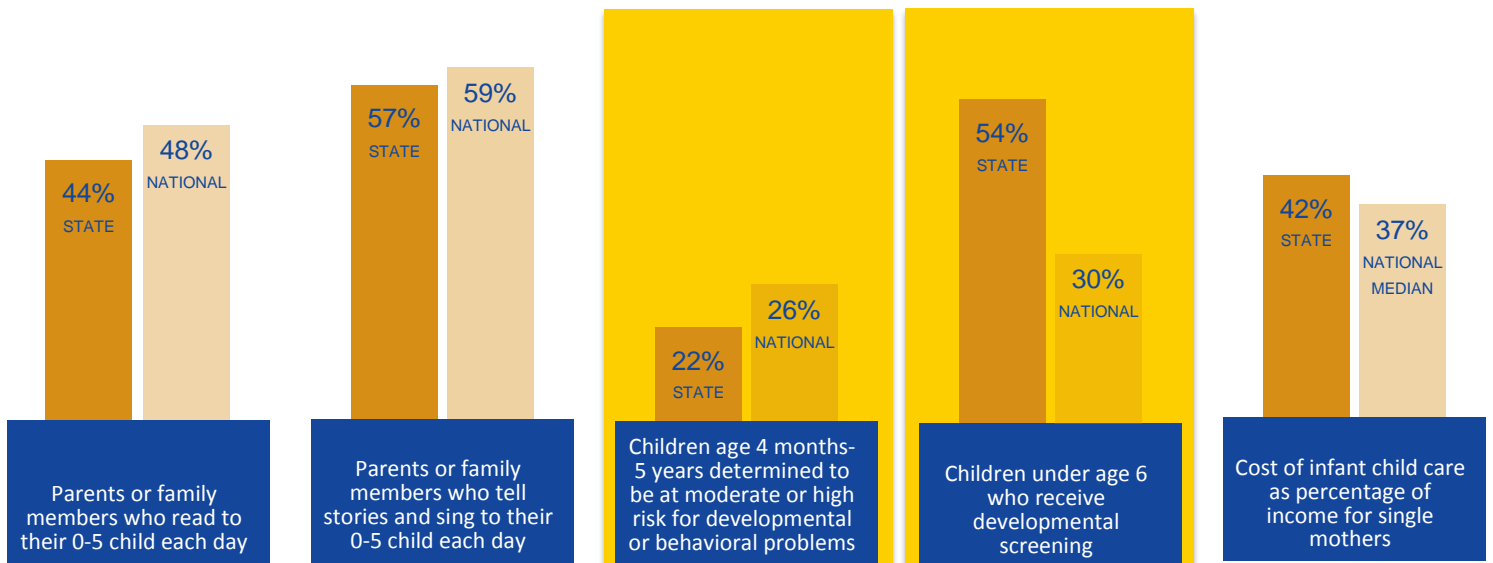


# NORTH CAROLINA'S POSITIVE EARLY LEARNING EXPERIENCES



For very young children, learning takes place through play, the active exploration of their environment, and, most importantly, through positive interactions with the significant adults in their lives. Gaps between children of different income levels in the amount of talk, vocabulary growth, and style of interaction appear early and widen long before a child enters school. Relationships with parents, early childhood professionals, and caregivers are critical as the brain forms the complex web of visual, language, motor, and social-emotional connections essential for later learning.

## HOW DO NORTH CAROLINA'S POSITIVE EARLY LEARNING EXPERIENCES COMPARE TO THE U.S.?



## HOW CAN WE SUPPORT POSITIVE EARLY LEARNING EXPERIENCES?

For infants and toddlers, learning unfolds in many settings, including the home, **child care centers**, **Early Head Start (EHS)**, **family child care homes**, and **family, friend, and neighbor care**. High-quality care that promotes positive early learning can have lasting effects into adulthood, particularly for children who are at risk for starting school behind their peers. For more information on these programs, go to [www.zerotothree.org/earlylearning](http://www.zerotothree.org/earlylearning).

