

Study Highlights How Moms' Depression, Anger Stresses Kids

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Bloomberg:

Even very young children can get stressed by depressed parents who display negative emotions toward them, researchers confirm.

The new study included 3-year-old children who were subjected to different harmless, but stress-inducing, situations, such as causing them to become slightly nervous or frustrated. After each stressful event, saliva samples were taken from the children to measure levels of the stress hormone cortisol.

The researchers also observed the interaction between children and their parents — usually the mother — as they did a task together or as the parent read a book to the child.

Read the whole story: [*Bloomberg*](#)