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Food for thought? Breastfeeding and child development

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Food for Thought? Breastfeeding and Child Development

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Food for Thought?

Breastfeeding and Child Development

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Abstract: We show that children who are born at the weekend or just before are less likely to be breastfed, owing to poorer breastfeeding support services at weekends. We use this variation to estimate the effect of breastfeeding on children's development for a sample of uncomplicated births from low educated mothers. We find that breastfeeding has large effects on children's cognitive development, but not on non-cognitive development or health. Regarding mechanisms, we estimate how breastfeeding affects parental investments in the child and the quality of the mother-child relationship.

Keywords: Breastfeeding; timing of birth; hospital support; instrumental variables; optimal instruments; cognitive and non-cognitive development; health.

JEL classification: I14, I18, J13

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1. Introduction

There is little doubt that conditions in early childhood can have long-lasting effects on human capital, reinforcing the intergenerational transmission of wealth as well as human capital (see Almond and Currie 2011a and 2011b; Black and Devereux 2011; Case, Lubotsky and Paxson 2002; Cunha and Heckman 2007; Cunha, Heckman and Schennach 2010). However, much less is known about the key contributors to the intergenerational gap. Breastfeeding has the potential to play a key role both because of claims regarding its beneficial effects on child development and its stark socioeconomic gradient - 48% (53%) of college graduates in the UK (US) breastfeed at 6 months, compared to 13% (32%) of those with less than high school education. However, with the exception of one randomized controlled trial (Kramer et al. 2001, 2008), most of the claims about breastfeeding's beneficial effects on child development come from observational studies. The challenge is to define an empirical strategy that provides credible causal evidence, thus helping to understand its role in child development.

This paper estimates the causal effects of breastfeeding on child development at various ages up to age 7. To do so, it exploits the authors' observation that, in the UK, the timing of birth affects breastfeeding. In particular, breastfeeding rates are lower amongst mothers who give birth just before or early into the weekend. We argue that this is because the provision of infant feeding support in UK hospitals is lower at weekends than during the week. Without early hands-on support at the hospital, it is more difficult for successful breastfeeding to be established. Timing of delivery provides a source of exogenous variation that we use as an instrumental variable for breastfeeding. In focusing on exogenous shifts in breastfeeding support, our identification strategy shares common ground with the only randomized controlled trial in lactation, Kramer et al. (2001, 2008), which randomizes health care worker assistance for initiating breastfeeding and for post-natal breastfeeding support. So both the estimates of Kramer et al. (2001, 2008) and the ones in this paper relate to the returns to increasing breastfeeding through increasing the support that "marginal" mothers receive at hospital.

Our estimates, based on the UK Millennium Cohort Study, show that breastfeeding has large positive effects on cognitive development, of around 0.6 of a standard deviation. We detect no evidence of any benefits for health, though we note that health is measured for the first time at 9 months and so we cannot say if there are immediate/short-lived effects during early breastfeeding. Our estimates are robust to alternative sample selections and the inclusion or

exclusion of hospital fixed effects. Whilst the effects on cognition are large, they are around half the size of estimates from the well-known randomized controlled trial of Kramer et al. (2008) in Belarus, and the 10-year follow-up of a randomized controlled trial of specially supplemented formula milk (Isaacs et al. 2011). Also consistent with our results, Kramer et al. (2001) find only weak effects on health.

A number of features of the UK health system contribute to the validity of our empirical strategy because they limit the ability of women to choose when they deliver. First, 98% of births are in public hospitals, which conform to guidelines of the National Institute of Clinical Excellence (NICE).¹ These guidelines allow for planned Caesarean sections (C-section) or labor inductions only if there are medically indicated reasons for them, as detailed in section 3. Second, expectant women do not have a pre-assigned midwife or obstetrician who is expected to be present at delivery, alleviating concerns that health care professionals schedule the delivery at convenient times (non-randomly). Both of these features are unlike the US, which are more flexible regarding elective C-sections and inductions (ACOG 2003, 2009) and where 50% of deliveries are covered by private insurance, rendering competition, choice and selection much more important.

Another important factor contributing to the validity of our empirical strategy concerns the availability and variability of core hospital services. We focus on “normal” deliveries - excluding C-sections and children who were placed in intensive care - for which post-natal hospital care is relatively straightforward and focused on maternal health, infant feeding and maintaining infant health (NICE Guidelines, 2006). We show that a comprehensive set of hospital services relating to labor and delivery do not differ by timing of birth. Furthermore, the finding that breastfeeding affects cognition but not health reinforces the claim that hospital services do not differ by timing of birth.

There is a vast literature on the importance of the early years for later outcomes (see Almond and Currie 2011a; Cunha and Heckman 2007; Cunha, Heckman and Schennach 2010). Our paper makes an important contribution to at least four strands of this literature. The first relates to the importance of hospitals and maternity care for later outcomes. Two studies

¹ NICE was set up in 1999 to reduce variation in the availability and quality of the National Health Service (NHS) treatments and care. It provides evidence-based guidance to resolve uncertainty about which medicines, treatments, procedures and devices represent the best quality care and the best value for money for the NHS.

consider the effects of medical treatments at birth for very low birth weight newborns, finding lower one-year mortality rates (Almond, Mazumder and van Ewijk 2011) and higher school test scores and grades (Bharadwaj, Loken and Nielson 2013). Other studies consider the length of hospital stay post-partum, finding no impacts on health (Almond and Doyle 2011), and the effects of improved hospital post-neonatal mortality rates and access to hospitals for blacks in the 1960s/70s, finding improvements in their academic and cognitive skills as teenagers (Chay, Guryan and Mazumder 2009). In contrast, we focus not on medical care but on maternal care in the form of breastfeeding. Moreover, our results are applicable to healthy newborns and not just to those with particular health risks.

A second contribution is to the literature on the optimal timing of interventions in the early years. We show that though breastfeeding is not a form of medical care, hospital policy - specifically, breastfeeding support - can influence it significantly. Given the evidence we provide on its importance for cognitive development, this raises the question as to how and when policy to increase breastfeeding rates should be targeted. Rather than focusing solely on the provision of infant feeding support in maternity wards, a more integrated approach to providing information on breastfeeding to expectant women would, in underpinning subsequent hospital support, be likely to be more effective. In this respect, our paper supports the view that pre-natal interventions are important (Almond and Currie 2011a, 2011b).

Third, our findings contribute to the literature that explores the pathways to improved long-term outcomes. Milligan and Stabile (2008) find that early cash transfers increase children's test scores, without improving health. This is consistent with Field, Robles and Torero (2009) who find that iodine supplementation in pregnancy increases schooling by a year and a half despite not improving health. This evidence suggests that improving health is not a prerequisite to improving cognition in the early years.² Our paper reinforces this by showing that cognitive development can increase considerably without commensurate improvements in health.

Finally, our paper contributes to understanding the importance of nutrition for later outcomes. Whilst links between nutrition and development have been documented, much of the

² Similarly, Currie (2009) finds that early health improves educational outcomes through the effect of early health on later health, rather than through a direct effect of early health on education (such as through improved cognition).

literature focuses on developing countries and/or on extreme shocks such as famines, making it difficult to extrapolate to everyday circumstances in developed countries.³ The few studies in developed countries that consider the effects of margins more responsive to policy, point towards a positive effect of nutrition on later outcomes. For instance Dahl and Lochner (2005) and Milligan and Stabile (2008) find that increased economic resources *in utero* improve children's later cognition, most likely due to improved early nutrition. Hoynes, Schanzenbach and Almond (2012) find improvements of expanded nutritional resources *in utero* and in early childhood on adult health. Consistent with these studies, our findings suggest that the nutritional value of breast milk is a key factor in its importance for cognition.

The rest of the paper is as follows. Section 2 provides an overview of relevant background and of the literature specific to breastfeeding; in section 3 we discuss the institutional setting and in section 4 the data that we use. Section 5 discusses the identification strategy. Section 6 deals with estimation and section 7 presents the main results of the paper. Section 8 provides robustness tests and the paper is concluded in section 9. Note that throughout the paper, we also make extensive use of appendices, to provide more in-depth analysis of particular issues.

2. Background

In this section, we provide a brief discussion of the potential channels through which breastfeeding might improve child development, as well as an overview of some of the related literature.

2.1 Mechanisms

The literature has emphasized two main mechanisms with the potential to explain the effect of breastfeeding on child development: the first relates to the compositional superiority of breast milk over formula milk owing to the presence of particular fatty acids, and the second relates to mother-child interaction.

³ For studies in developing countries see Maluccio et al.(2009), Martorell et al. (2010), Barham (2012), Maccini and Yang (2009), Field, Robles and Torero (2009), Behrman and Rosenzweig (2004), Barham, Macours and Maluccio (2013), Glewwe and King (2001). For studies on effects of exposure to extreme conditions such as famine on later outcomes such as test scores, employment and life expectancy see Almond et al.(2007), Scholte, Van der Berg and Lindeboom (2012) and Lindeboom, Portrait and Van der Berg (2010) and Ampaabeng and Min Tang (2012), Almond (2006) and Kelly (2009). Almond, Mazumder and Reyn van Ewijk (2011) find lower test scores for Pakistani and Bangladeshi students exposed to Ramadan in early pregnancy in England. Almond and Mazumder (2011) find that observance of fasting on Ramadan has long-term health effects.

The compositional superiority of breast milk over formula milk is mainly due to the presence of two long-chain polyunsaturated fatty acids, Docosahexaenoic Acid (DHA) and Arachidonic Acid (AA). Around one half of the brain is made up of lipid, much of which is DHA and AA (Grantham-McGregor et al. 1999; Gerber 2013). They are major parts of the neuron membranes, which are the core components of the nervous system, and their content affects membrane fluidity and the functioning of various membrane-associated proteins such as transporters, enzymes and receptors (Fernstrom 1999).

During the first year of life, infants require large quantities of DHA and AA for brain development (Clandinin et al. 1981). DHA and AA are naturally present in breast milk and are easily absorbed due to the particular triglyceride structure of breast milk. Since late 2001, most formula milks are supplemented with synthetic forms of DHA and AA. Though there is evidence from one randomized trial that the supplementation of formula milk with DHA increased IQ by 70% SD in pre-term non-breastfed babies (Isaacs et al. 2011), concerns remain regarding the absorption properties of synthetic DHA and AA (Clandinin et al. 1989).⁴ Moreover, the majority of the children in our sample were not exposed to this supplemented formula.⁵ Instead, the available formula milk required infants to produce DHA and AA from other components of the milk. This synthesis requires sufficient enzyme capacity, which young infants generally do not have (Uauy and Andraca 1995, Koletzko et al. 2008), resulting in lower absorption of DHA and AA from formula than from breast milk.

The second mechanism through which breast milk may be more beneficial for children's development than formula milk is due to increased mother-child interaction. First, breastfeeding increases skin-to-skin contact which might promote secure attachment (Britton et al. 2006). Second, breastfeeding triggers beneficial hormonal responses in mothers, potentially reducing stress and depression which might improve quality of care (Reynolds 2001; Uauy and Peirano 1999). Third, breastfeeding involves direct physical contact and interaction with the mother on a regular basis every day, which may stimulate cognitive

⁴ A number of randomized controlled trials on the effect of DHA formula milk supplementation (blinded to mothers) on both cognition and visual function are inconclusive (Schulzke, Patole and Simmer 1996) but they are restricted to children below the age of 4 (and mostly below 2) for whom measurement of cognition is much more challenging. Isaacs et al. (2011) is the only one to consider older children. However the sample sizes of these studies are small (around 100 infants).

⁵ On the basis of our analysis of market reports and advertisements in midwifery journals, one of the two largest producers of infant formula milk in the UK started DHA and AA supplementation only in August 2001, while the second largest producer started in 2002. Only 11% of children in our estimating sample were born in August 2001 or later.

development. However, it is also plausible to expect that the majority of bottle feeding is done by the mother. We will explore these mechanisms in greater detail in section 7.

2.2 Related Literature on Breastfeeding

There is just one study that uses experimental variation to identify the effects of breastfeeding on children's outcomes, that of Kramer et al. (2001). The intervention, the Promotion of Breastfeeding Intervention Trial (PROBIT) is based on the Baby Friendly Hospital Initiative (WHO, UNICEF). It provided health care worker assistance for initiating and maintaining breastfeeding, randomly across 31 hospitals in Belarus in the late 1990s. The effects on health - both in the first 12 months of life and the medium-term - are weak or non-existent (Kramer et al. 2001; 2007; 2009). On the other hand, there are very large effects, of one standard deviation or higher, on cognition at age 6.5 years (Kramer et al. 2008).⁶

Other studies that consider the relationship between breastfeeding and children's outcomes are observational and use different methods to control for selection bias - propensity score matching (Borra, Iacovou and Sevilla 2012; Rothstein 2013; Quigley et al. 2012; Belfield and Kelly 2010), mother fixed effects (Evenhouse and Reilly 2005; Der, Batty and Deary 2006), and instrumental variables (Baker and Milligan 2008 and 2010; Del Bono and Rabe 2012). The general consensus is that there is a small and significant positive association between breastfeeding and cognitive development, with often insignificant associations between breastfeeding and non-cognitive development and health.

3. Institutional Background

In this section we describe maternity care in the UK, which is notably different from the US system. The UK National Health Service (NHS) is a publicly funded, and by and large also publicly run, health care system. In 2000, which is the time the majority of our sample were born, 97.5% of deliveries occurred in NHS hospitals, 2% were home births, and only 0.5% were privately funded. Hospital choice is non-existent in practice and based on geo-proximity.⁷ Moreover, expectant mothers register at the hospital at around 12 weeks of

⁶ They only report intention-to-treat estimates. The effect of one standard deviation on cognition is based on the authors' computations of the Wald estimator based on the data that they report for three months of exclusive breastfeeding.

⁷ The Choice and Book system that introduced hospital choice to NHS patients started in 2005. Its precursor, the London Patient Choice Project, only started in October 2002.

pregnancy and maternity records are kept there, which is where she ultimately delivers, dispelling any concerns that mothers choose hospitals depending on the day of onset of labor.

Unlike the US, most births in the UK are attended by midwives (70% in 1999) instead of obstetricians, who are usually only called upon only when an instrumental delivery or surgical birth is required. When women arrive to hospital to deliver, they are allocated one of the midwives available at the time of admission. Women do not have a pre-assigned obstetrician or midwife who might want to schedule the delivery at a convenient time.

Regarding delivery type, planned Caesarean sections and labor inductions are permitted only if there are medically indicated reasons for them, not at the request of the mother. For planned C-sections, at least one of the following medical conditions must be present: breech presentation, placenta praevia, HIV positive mother (2004 NICE Clinical Guidelines on Caesarean Section). Maternal request is not an indication for C-section and an individual clinician has the right to decline a request for C-section in the absence of an identifiable medical reason (this has changed in the most recent 2011 clinical guidelines). The 2001 NICE Clinical Guidelines on Induction of Labor specify that women should be offered a labor induction in the following situations: prolonged pregnancy (41 weeks or more), pregnancy complicated by diabetes, and pre-labor rupture of the membranes. In cases of uncomplicated pregnancies, induction of labor prior to 41 weeks gestation should be considered if (1) resources allow, (2) the woman has a favourable cervix and (3) there are compelling psychological or social reasons

The core care provided during the post-natal period centres on maternal health, infant feeding and maintaining infant health (NICE, 2006). For the newborn, care is relatively straightforward and involves a complete physical examination before discharge; all parents are offered vitamin K prophylaxis for their babies; advice is offered to parents on signs of jaundice, thrush, constipation and diarrhoea, care of the newborn's skin and nappy rash is also discussed. Regarding infant feeding, initiation of breastfeeding is encouraged as soon as possible after delivery, ideally within 1 hour, and continued support is provided thereafter.⁸

⁸ Regarding maternal health, information is provided as to signs and symptoms of potentially life-threatening conditions such as postpartum haemorrhage or pre-eclampsia; other less urgent issues include the monitoring of urinary retention and the provision of advice on perineal care.

After discharge, post-natal care is transferred to a community midwife/health worker who makes home visits in the early days.

4. Data

The main data used is the Millennium Cohort Study (MCS), a rich longitudinal study covering the four countries of the UK and which follows nearly 18,500 babies born at the beginning of the noughties.⁹ We use data from each of the surveys conducted up to 7 years of age (9 months (2000/2001), 3 years (2004/05), 5 years (2006), 7 years (2008)). In our sample selection, we drop multiple births, those who were not born in a hospital and those born in Northern Ireland. To limit the potential for hospital confounders, and as explained more fully in section 5, we also drop children born through Caesarean sections and those that were placed in intensive care after delivery.

As part of the MCS, age-appropriate tests - the Bracken School Readiness and British Ability Scales - were administered by trained interviewers to children (at ages 3 and ages 3,5,7 respectively), offering a distinct advantage over parental-reported measures (Fernald et al. 2009). Children's behavioural (non-cognitive) development was measured using the Strengths and Difficulties Questionnaire (SDQ), a validated behavioural screening tool (ages 3,5,7). Children's health includes maternal-reported measures of morbidity and chronic conditions (ages 9 months, 3,5,7 years). Details on the measures are provided in Appendix I.

Within the above developmental domains - cognitive skills, non-cognitive skills and health - we aggregate multiple measures within and across ages into a summary index, following Anderson (2008). In this way, our results provide a statistical test for whether breastfeeding has a "general effect" on development which is robust to concerns about multiple inference (Hoynes, Schazzenbach and Almond 2012; Kling et al. 2007; Liebman et al. 2004), that is, concerns that one null hypothesis is rejected simply because we have tested many null hypotheses. To create summary indices for cognition, we combine cognitive scores at age 3 (expressive language and school readiness), age 5 (expressive language, pictorial reasoning, visuo-spatial) and age 7 (numerical, verbal and visuo-spatial) into a single cognitive index.¹⁰

⁹ Born between 1 September 2000 and 31 August 2001 in England and Wales, and between 22 November 2000 and 11 January 2002 in Scotland and Northern Ireland.

¹⁰ Note that like Anderson (2008) and Kling et al. (2007), the number of tests contributing to the index need not be constant across individuals. This means that we can still create the index even for individuals who attrit/have some missing test measures, an issue we return to in section 8.1.

The index is a weighted mean of the standardized scores of each test, with the weights calculated to maximize the amount of information captured in the index by giving less weight to outcomes that are highly correlated with each other. For non-cognitive outcomes, we combine the standardized scores of the strength and difficulties test at ages 3, 5 and 7. For health, we combine 7 health indicators measured at each wave (including asthma, hayfever, eczema, wheezing, ear infections (age 3 only), obesity, long-standing health conditions).

Breastfeeding duration is measured using information on how old the child was when (s)he last had breast milk. So the measure relates to any breastfeeding, regardless of exclusivity.¹¹ Figure 1 shows spikes in the number of babies breastfed at discrete points in time - (at least) 30 days, 60 days and 90 days, with the largest spike at 90 days. So our measure of breastfeeding takes the value one if the infant was breastfed for at least 90 days, and zero otherwise. Note the recommendation in the UK at the time was to breastfeed exclusively for at least 16 weeks, or 112 days. However, if we took the cut-off to be 112 days, we would allocate zero to those who were breastfed for 90 days, which seems to be the more relevant empirical threshold.

[FIGURE 1 HERE]

5. Identification Strategy

In this section, we discuss five key components of our identification strategy. First, we discuss the importance of providing early, hands-on support to mothers to establish successful breastfeeding. Second, we show how differences in support, induced by timing of birth, affect breastfeeding. Third, we show that timing of birth is uncorrelated with a wide range of maternal characteristics, and fourth with labor and delivery and post-natal maternity services received. Finally, we provide graphical evidence on the relationship between timing of delivery and breastfeeding, as well as between timing of delivery and child development, which precedes the following sections where a more formal analysis is conducted.

5.1 Breastfeeding support matters

At the heart of our identification strategy is the fact that the support provided by hospital staff is crucial for successful breastfeeding. This is for two key reasons: (1) successful

¹¹ The MCS does not contain enough information to define exclusive breastfeeding because it does not ask mothers about the baby's intake of water. According to another data source in the same year (2000 Infant Feeding Survey) the vast majority of babies who were breastfed at 90 days were being exclusively breastfed.

breastfeeding requires a sequence of quick yet skilful and coordinated movements by the mother, the majority of whom need to be guided and supported in their attempts several times before they master it. For instance, the mother needs to pull her baby towards her with pressure on the back - not on the baby's head - after she has stimulated the baby to open his/her mouth wide using various learned techniques. The pull must be done very quickly so that the mouth remains wide open and the nipple is positioned in the correct part of the baby's mouth. (2) If this sequence is not done correctly, serious damage to the nipples can easily occur right from the beginning, resulting in a very painful experience for the mother (including mastitis). Despite the nipples being damaged, the mother must still continue to breastfeed or else the milk supply ceases within a few days. If problems continue with the latch, damage to the nipples worsens. Eventually, the mother stops breastfeeding. A recent UNICEF report claims that "It is clear that putting resources into supporting women to breastfeed successfully would be hugely cost effective to the NHS, as well as preventing the distress and pain felt by a mother who has a bad experience of breastfeeding." (UNICEF 2012).

Many studies highlight the importance of hospital support and policies and procedures in the early post-partum as key determinants of breastfeeding success - for instance, skin-to-skin contact straight after birth (Renfrew et al. 2009; Bolling et al. 2005); increased "Baby-Friendly" hospital practices, and other maternity-care practices (Di Girolamo et al. 2008; Merten et al. 2005; Del Bono and Rabe 2012); whether or not formula milk was administered in hospital (McAllister et al. 2009); individualised breastfeeding support and consistency (Backstrom et al. 2010); extra professional support (Sikorski et al. 2002).

5.2 Breastfeeding support varies by timing of birth

At the time our sample of children was born, infant feeding support was provided by midwives, nurses and clinical support workers as part of their daily duties. We maintain that advice on and support for breastfeeding is worse at weekends, which adversely affects breastfeeding. This is because higher rates are paid to staff at weekends, and hence managers are more likely to limit staff responsibilities to the core services of delivery, labor, maternal and child health at the expense of infant feeding support. As the median length of hospital stay after a natural delivery is 48 hours (Figure 2), mothers most exposed to this reduced feeding support are those who give birth on Fridays, followed by those who give birth on

Saturdays and, to a lesser extent, Sundays.¹² More generally, exposure to weekend feeding support increases as the week progresses (Figure 3).

[FIGURE 2 & 3 HERE]

We corroborate the claim that breastfeeding support is lower at weekends using the UK Maternity Users Survey (MUS, 2007). The MUS is a postal survey conducted on a sample of around 26,000 mothers three months after giving birth, and covers 148 NHS trusts in England. The survey covered the three stages in maternity care: antenatal care, labour and delivery, and post-natal care. Of particular relevance, it asked respondents “Thinking about feeding your baby, breast or bottle, did you feel that midwives and other carers gave you consistent advice/practical help/active support and encouragement?” Stark differences emerge when we split the sample by education status.¹³ Columns 1-3 of Table 1 show that low educated mothers of children born on Friday or Saturday report being less satisfied with the infant feeding advice they obtained in hospital compared to mothers of Monday-borns. This pattern is broadly mirrored in breastfeeding rates, as measured in the MCS.¹⁴ In particular, column 4 reports significantly lower breastfeeding rates for children born on Friday, Saturday and Sunday, which will be essential for our identification strategy. The difference on Sunday between columns 1-3 and column 4 may be due to the different time periods (columns 1-3 relate to 2007 (MUS); column 4 relates to 2000/01 (MCS)).

Interestingly, neither of these patterns - differences in support or in breastfeeding rates by day of the week - is present for high educated women (columns 5-8). Several reasons may underlie this: (1) facing time constraints, midwives target the high educated; (2) the high educated are more demanding and are more likely to seek out help from midwives; (3) the high educated can benefit more from the same level of support as they have more information before arriving to hospital, and (4) the high educated can afford to pay for support from private lactation consultants after discharge, or seek out peer community groups and access

¹² We note that infant feeding support is also likely to be lower during the night, though exposure to mainly night-time services is very rare.

¹³ In the MCS, we define low educated = 1 if NVQ level 2 or less, or NVQ level is unknown but left school before 17; high educated = 1 otherwise. In the MUS, as we do not observe highest qualification level, we define low educated=1 if left full-time education at or before age 16; high educated=1 if left full-time education after age 16. This might over-estimate (under-estimate) the true proportion of high (low) educated, as those who left full-time education after age 16 may have an NVQ Level 1 or 2 as their highest qualification level.

¹⁴ Concerning breastfeeding, the MUS only asks if the child was ever put to the breast and how was the child fed in the first few days after birth.

telephone advice hotlines, pamphlets and friends/relatives, and hence rely less on hospital-provided support.¹⁵

[TABLE 1 HERE]

Given the above evidence, from hereon we focus on the sample of low educated mothers, for whom hospital feeding support matters significantly for breastfeeding.

5.3 Types of mother do not vary by timing of birth

A potentially important concern is that mothers who give birth over the weekend (Fri-Sun) are somehow different from those who give birth during the week (Mon-Thurs). Given that the timing (within the week) of spontaneous vaginal deliveries is random, one would not expect this to be the case. Regarding labor inductions, they are only offered under specific circumstances (see section 3) and moreover the woman has little incentive to try to schedule them on a specific day because, unlike in the US, she does not have a pre-assigned midwife or obstetrician for delivery. Regarding scheduled c-sections, we exclude them because they are not scheduled over the weekend (and moreover they are only allowed under medical circumstances – section 3). We also exclude emergency c-sections as well as children who have been in intensive care, in order to restrict the sample to uncomplicated deliveries for which medical care is relatively straightforward, and in this way mitigate concerns that delivery complications varying by timing of birth might be affecting results.¹⁶ Because we exclude emergency C-section and children who have been in intensive care from the sample, we test in Table 2 whether they vary by day of the week, and they do not. Moreover, in section 8 we show robustness to these choices..

The left panel of Table 3 contains a small but important subset of the variables considered in the more comprehensive balance analysis reported in Appendix II. It shows that certain characteristics of the mother and the child (newborn birth weight, maternal smoking and drinking during pregnancy, mother's receipt of welfare benefits) are fully comparable

¹⁵ We can rule out that differences in reporting are due to selection effects (in particular, that the more educated go to better hospitals). We can control for hospital fixed effects in the main analysis that uses the MCS data, and when we do, we find the same pattern between breastfeeding rates and timing of birth as when we omit them.

¹⁶ Note also that infants placed in intensive care are more likely to be different from the rest of the sample in terms of their development, and they may receive additional medical care that may affect their development. For instance, Bharadwaj et al. (2013) show that infants who receive extra medical care at birth (surfactant therapy) go on to have lower mortality rates and higher test scores and grades in school. In the UK, surfactant therapy is administered in the Intensive Care Unit, where babies with neonatal respiratory distress syndrome are transferred.

between deliveries that take place at the weekend (Fri-Sun) and weekday (Mon-Thurs). Appendix II shows that this comparability extends to a wide range of maternal characteristics.

[TABLE 2 & 3 HERE]

5.4 Other hospital maternity services do not vary by timing of birth

It is crucial to assess whether other hospital services relevant for child development, apart from breastfeeding support, vary by timing of birth. For instance, a more complicated delivery could affect a child's development either through its effects on the child's health or on the mental health of the mother. Our hypothesis is that hospital managers protect all services relating to birth delivery, because of the major repercussions if mistakes occurred. In this section, we provide several pieces of evidence supporting this claim. First we show that a wide range of characteristics relating to labor, delivery, and post-natal care are extremely similar regardless of timing of birth. Then we discuss the potential for other unobserved hospital-related factors.

The right panel of Table 3 shows how a subset of characteristics associated with delivery and post-natal services vary across weekdays and weekends (see Appendix II for a more comprehensive list and analysis). The first thing to note is that we observe in the MCS an important and comprehensive set of characteristics, including whether the labor was induced, duration of labor, whether forceps were used, whether an epidural was administered (which requires an anaesthetist, and is a proxy for availability of core services), and whether complications occurred. Using data from the MUS, we can also explore post-natal care variables including whether the baby received a newborn health check and how staff treated the mother, as well as what she thought of the information she received. The values of all of these variables (and other more detailed variables shown in Appendix II) are markedly similar between weekdays and weekends, and no differences are statistically significant at the 5% level.

Whilst the above considers an extensive range of characteristics relating to hospital maternity services, the extent to which there may be unobserved characteristics varying by timing of birth must be addressed. Because our identification strategy relies on the fact that weekend delivery negatively affects breastfeeding, the particular threat to identification is that hospitals weekend services "harm" children's health, in which case we may be picking up that effect. We next discuss several reasons why we believe this not to be a concern.

First of all, we reiterate that we consider a sample of vaginal deliveries, and babies not placed in intensive care, for whom medical care is routine and relatively uncomplicated. Recent work has shown large effects of specialized medical care of children at serious health risk (Almond, Mazumder and van Ewijk 2011; Bharadwaj, Loken and Nielson 2013). Although lack of data prevents us from examining the distribution of such specialized medical care between weekday and weekends, this is not of concern for us as we exclude children who have been in intensive care units.

Second, we anticipate one of our key findings, which is that breastfeeding does not affect children's subsequent health (Figure 4d that follows below provides graphical evidence). This suggests strongly that there are no unobserved core hospital services that are simply better during the week than at the weekend and reinforces the view that other unobserved hospital services are not confounding estimated impacts.

Third, it is extremely unlikely that services which target directly child's cognitive development are being provided in maternity wards: according to the NICE 2006 guidelines ('Routine Post-natal Care of Women and Their Babies')¹⁷, post-natal services are structured in three key areas (1) maternal health, (2) infant health, and (3) infant feeding. There is no indication in the extensive guidelines that hospitals implement programs or interventions (apart from infant feeding support) that could affect children's development apart from those that could operate through either the mother's and/or child's health. Indeed, it must be remembered that the median stay in hospital is just 48 hours, leaving little time for anything other than the most essential care; moreover the mother is tired and recovering and focused on her and the newborn baby's basic needs; hospitals are capacity constrained (and indeed the majority of mothers and newborns stay in communal post-natal labor wards rather than individual rooms) and hence it makes sense for hospital managers to focus resources on the key areas of maternal and infant health, as opposed to early childhood programs, for instance.

Consistent with the assertion that post-natal services are centred on maternal and child health and infant feeding support, the MUS only covers infant feeding support, whether a newborn check-up was received, and general questions on information about recovery and whether

¹⁷ 2006 is the first year that the guidelines were issued. We have no reason to believe that they represented a change from prior practice, but rather a formalization of existing practice.

staff treated them with respect. The fact that the survey does not include any questions about any other services, such as early childhood programs, strongly suggests that they are simply not taking place, in line with the NICE (2006) guidelines. Moreover, there is no statistically significant relationship at 5% between any of the above variables and whether the birth took place on a weekday or weekend (Appendix II).

5.5 Timing of birth, breastfeeding and child development

In this section we provide semi-parametric evidence on how both breastfeeding rates and child development relate to timing of birth, for our main sample - low educated mothers with normal deliveries and whose baby was not placed in intensive care - as a precursor to the more formal analysis we conduct in the following sections. Figure 4a shows the relationship between breastfeeding at 90 days and $hour_i$, which is the number of hours between Sunday 00:01am and the hour of child i 's birth (0 refers to the first hour of Sunday and 167 to the last of Saturday). More precisely, $hour_i$ is defined as

$$hour_i = 24 * DayBirth_i + TimeBirth_i \quad (1)$$

where $DayBirth_i$ is day of the week of birth of child i (Sunday is 0 and Saturday is 6), and $TimeBirth_i$ is the hour of birth of child i (in 24 hour format).

It is clear from Figure 4a that breastfeeding rates are quite low early on into Sunday but increase quite steeply at the beginning of the week, and then taper off right through to Saturday.¹⁸ Although breastfeeding support is likely to be as good on Mondays as it is on Wednesdays, the later on in the week the child is born, the more likely it is that (s)he stays during the weekend (Figure 3) when the support will be worse.

Figure 4b plots on the right vertical axis the relationship between breastfeeding rates and $hour$ (as in Figure 4a), and on the left vertical axis on solid line the relationship between the cognitive index and $hour$. It is clear that the relationship between the cognitive index and $hour$ follows the same pattern as the relationship between breastfeeding and $hour$. They both

¹⁸ We plot the function $f(hour)$ estimated within a partially linear model specified as $B = f(hour) + X\beta + \varepsilon$, where B is breastfeeding at 90 days, X are covariates, and ε an error term (Robinson 1988). The function $f(hour)$ is estimated using Kernel regression with a Triangular Kernel and a bandwidth of 72. The same methods are used to plot the solid line of Figures 4b, 4c and 4d. The dotted line of Figures 4b, 4c and 4d are standard Triangular Kernel regression estimates of the scores predicted using a linear regression over X (bandwidth also 72).

peak around Monday night, and they both have their minimums between Friday noon and midnight. This similarity in the patterns pre-empts a strong effect of breastfeeding on child development when we estimate a formal IV model in section 6. In the dashed line, Figure 4b plots the prediction of cognitive development as a function of all the variables in Table II.1 and II.4 (upper panel) of Appendix II ($R^2=0.25$ between the index and the covariates). The predicted index exhibits a flatter pattern than the actual one, and does not track either the actual cognitive index or breastfeeding rates, confirming the comprehensive sample balance that we showed in sections 5.3 and 5.4.

We repeat Figure 4b, but for the non-cognitive index (Figure 4c), and this shows a more divergent pattern as the non-cognitive index peaks at around midnight Wednesday (compared to midnight Monday when breastfeeding peaks). Also, the non-cognitive index is decreasing during Saturday rather than increasing as breastfeeding does. From this, we expect a null effect of breastfeeding on non-cognitive outcomes.

Finally, considering health, we see from Figure 4d that the health index hardly varies at all by *hour*. This will translate in a zero effect of breastfeeding on the child health index when we estimate a formal IV model. Moreover if there is any underlying trend, it in fact suggests that the health index is slightly higher over weekends and lower on weekdays, dispelling concerns that the strong effects on cognitive outcomes are due to hospital weekend services harming children's health.

[FIGURE 4 HERE]

6. Estimation

In this section we describe the empirical model that we estimate, show results from the first stage estimation, and perform a Monte Carlo simulation exercise with the data in order to understand the direction of potential biases.

6.1 Model

To establish the causal effects of breastfeeding on children's outcomes, we estimate the following linear model

$$Y_{ij} = \alpha_0 + \alpha_1 B_i + \alpha_2 X_i + h_{j+} + \varepsilon_i, \quad (2)$$

where Y_{ij} is the outcome variable of child i (cognitive/non-cognitive development/health) who was born in hospital j , B_i is a binary variable that takes the value 1 if child i has been breastfed for at least the first 90 days of life and 0 otherwise, X_i is a vector of covariates (including all those shown in Table II.1 of Appendix II (antenatal care, characteristics at birth, maternal health/lifestyle/demographics, socioeconomic characteristics) and Table II.5 (delivery), and in addition month of birth, month of interview, and regional dummies), h_j denotes hospital fixed effects, and ε_i is an error term which includes unobserved characteristics relevant for the child's development. The parameter α_1 measures the effect of being breastfed for at least 90 days on child i 's outcomes.

As discussed already, our identification strategy to estimate the effect of breastfeeding on child development exploits timing of birth within the week. As exclusion restrictions, we use either a third order polynomial in $hour_i$ as defined in section 5.5 and that captures well the different slopes of Figure 4a, or $exposure_i$, which is the share of hours falling in a weekend, in the interval between the infant's birth and 45 hours later (the average length of stay in hospital).¹⁹ Both exclusion restrictions exploit the fact that some mothers are more exposed to the weekend than others.

For estimation, we follow Wooldridge (2002, p. 623) and Angrist and Pischke (2008, p. 191) and use a non-linear two-stage estimator (NTSLS hereon) where we first estimate a Probit model of breastfeeding, B_i , over X_i and $Exposure_i$ (equivalently for the cubic polynomial in $hour_i$). The underlying latent variable \dot{B}_i measures the propensity for child i to be breastfed, and is given by:

$$\dot{B}_i = \beta_0 + \beta_1 Exposure_i + \beta_2 X_i + \vartheta_i, \quad (3)$$

where $B_i = 1$ if $\dot{B}_i \geq 0$; $B_i = 0$ if $\dot{B}_i < 0$, ϑ_i is standardized normal, and β_0 , β_1 , β_2 are parameters to be estimated.²⁰ Next, we compute the fitted probabilities, \hat{B}_i , associated with the Probit model as:

¹⁹ Using potential rather than actual exposure circumvents problems of endogenous length of hospital stays (though note that women have little to no choice in this).

²⁰ We do not include hospital fixed effects amongst the covariates we use to estimate the Probit model, as there are hundreds of them and B_i is constant in some of them.

$$\hat{B}_i = \Phi [\hat{\beta}_0 + \hat{\beta}_1 Exposure_i + \hat{\beta}_2 X_i],$$

where $\hat{\beta}_0$, $\hat{\beta}_1$, and $\hat{\beta}_2$ are estimates from the model specified in (3) and $\Phi[\cdot]$ is the cumulative distribution function of the standardized normal. Finally, we use Instrumental Variables to estimate the causal effect of breastfeeding on outcome Y_{ij} using X_i and \hat{B}_i as instruments.²¹

There are several advantages to using NTSLS compared to the more standard Two Stage Least Squares (TSLS). The most important one is that if the predictions from the first-stage Probit model provide a better approximation to B_i than a linear model, the resulting IV estimates are more efficient than those that use a linear first stage model (Newey 1990; Wooldridge 2002; Angrist and Pischke 2008). This is expected because if the Probit model is correct, NTSLS is implicitly using the optimal instrument (the conditional mean of B_i).

A second advantage is that the consistency of the estimator does not depend on the Probit model being correct (Kelejian 1971) and the IV standard errors do not need to be corrected (Wooldridge 2002, p.623). Clearly, NTSLS implicitly uses the nonlinearities in the first stage as a source of identifying information (Angrist and Pischke 2008). However in our case, Figure 4b already showed that both cognitive development and breastfeeding jointly track *hour* quite closely. Moreover, as we will see, the NTSLS estimates of α_1 are very similar to those obtained using TSLS. Both pieces of evidence indicate that our exclusion restrictions provide meaningful variation for identification.

6.2 First Stage Estimation

Table 4 shows the results of Probit and OLS regressions of breastfeeding at 90 days, B , on either *Exposure* (columns 1-3) or a cubic polynomial in the *hour* variable (columns 4-6) and the set of covariates, X , estimated over our main sample (low educated mothers who delivered their babies through a vaginal birth and whose babies were not admitted to intensive care). Those who are fully exposed to the weekend are around 4.1 percentage points less likely to be breastfed for at least 90 days (marginal effect associated with column 1). The coefficients in *hour* imply that breastfeeding rates as predicted by the Probit model (column

²¹ Indeed, this procedure is the same as using the propensity score as instrument in linear IV (see Carneiro, Heckman and Vytlacil 2011; and Heckman and Navarro-Lozano 2004). See also Windmeijer and Santos Silva (1997) in the context of Count Data models.

4) follow the same pattern as the semi-parametric plot of Figure 4a - this is shown in Figure VII.1 of Appendix VII which is dedicated to additional Tables and Figures).

[TABLE 4]

Depending on the coefficients, they are significant at either the 1%, 5% or 10% levels. The F-test for the hypothesis that either the coefficient on *Exposure* or the terms of the polynomial are null are between 4.33 and 8.6, which lie below the critical values reported in Stock and Yogo (2005). While this requires careful scrutiny, which we do in Appendix III (see below), two points are worth emphasising. First, the critical values in Stock and Yogo (2005) are derived under the assumption of a linear endogenous regressor while the endogenous regressor is binary in our case.²² Second, the use of the first stage F-statistic to assess the quality of the instruments has its limitations (Hahn and Hausman 2003; Cruz and Moreira 2005; Murray 2006; Angrist and Pischke 2008, p. 215). In general, Stock-Yogo tests are known to have low power (the critical values of the F-statistics are larger than required, and then the tests indicate that the instruments are weak too often).²³ In our case, we have included a rich set of covariates that will reduce the degree of endogeneity and improve the properties of the IV estimator (Hall, Rudebusch and Wilcox 1996; Shea 1997), but this reduction in the degree of endogeneity is ignored by Stock-Yogo F-based tests (Hall, Rudebusch and Wilcox 1996).

However, in order to assess fully the finite sample properties of our estimator, in Appendix III we describe an extensive Monte Carlo simulation in which the Data Generating Process uses the sample, covariates and estimated coefficients from the first stage regressions. In this way we assess the finite sample properties of our estimators using a Data Generating Process that mirrors the main features of our data, including the strength of the instrument. We have three key findings: (1) both NTSLs and TSLs are consistent if the true effect of breastfeeding is relatively small (including zero), (2) both NTSLs and TSLs are biased towards zero if the true effect is large, (3) the standard errors are correctly estimated. This

²² This is of relevance because TSLs implicitly uses the optimal linear instrument (the conditional mean) when the endogenous regressor is continuous but not when it is discrete. Intuitively, OLS will result in a relatively poor fit (and hence relatively “low” F-statistics) if the dependent variable is discrete.

²³ Stock and Yogo (2005) indicate in their footnote 6 that the critical values could be much lower (4.63 for their particular example) depending on the value of unknown parameters. Cruz and Moreira (2005) obtain meaningful estimates even when the first stage F-statistics are as low as 2 which suggests that the rule-of-thumb of F-statistic larger than 10 is far from conclusive (Murray 2006; Angrist and Pischke 2008).

means that our estimates are conservative and that, if anything, our estimates will be lower bounds. We also find that NTSLs is far more precise than TSLs.

7. Results

In this section we first describe results for child development as measured using the summary indices. We then estimate quantile regressions to see whether the effects are concentrated in a particular part of the distribution. Finally, we consider mechanisms relating to maternal behaviour, including the home environment and maternal mental health.

7.1 Effects on Overall Child Development

We observe cognitive and non-cognitive development of the child at ages 3, 5 and 7. Measures of cognition are based on age-appropriate tests administered directly to the child, and non-cognitive skills are based on maternal reports (section 4 and Appendix I). We also observe child weight and maternal-reported measures of health and morbidity (at ages 9 months, 3,5,7 years). We consider as outcomes the indices summarizing cognitive skills, non-cognitive skills and health across all ages (created as described in section 4). All indices are coded so that larger values correspond to higher levels of development achieved.

The main results for the three summary indices are shown in Table 5. The key finding is that, irrespective of whether we use *Exposure* or the cubic polynomial in *hour* as exclusion restriction (columns 1 and 4), breastfeeding affects positively children's overall cognitive development (in line with Figure 4b), and the effect is significant at the 1% level. We also note that NTSLs and TSLs point estimates are extremely similar. This is very reassuring as it means that the identification of the parameter of interest is not driven by the non-linearities embedded in the first stage Probit model, but by the variation embedded in the exclusion restrictions (see again Figure 4b)

The key difference between NTSLs and TSLs is the precision of the estimates: the NTSLs standard errors are around half of the TSLs when we use the cubic polynomial in *Hour* and around a third when we use *Exposure*. The gain in precision of NTSLs (anticipated given its optimality as discussed in section 6.1) matches the results of the Monte Carlo simulations in Appendix III and is not unusual in other very recent work that uses non-linear predicted instruments. For instance, Løken et al. (2012) achieves reduction in standard errors of up to a

half when using predicted instruments, as do Wooldridge (2002, p.624) and Attanasio et al. (2013). Recently, in the context of random coefficient models, Reynaert and Verboven (2013) report that standard errors can drop by a factor of 5 to 7, both using simulations and real data.²⁴ Moreover, our Monte Carlo results in Appendix III also showed that the estimated standard errors are correct.²⁵

Another important result from Table 5 is that the effects of breastfeeding are limited to cognitive development: there is no evidence that it leads to improvements in either health or non-cognitive development (as had been anticipated from Figures 4c and 4d). Importantly to note, health is first measured at 9 months of age, when most mothers have ceased breastfeeding their children. Hence, our results could not capture a health effect if it is present only while the child is being breastfed.

Table 5 also reports OLS estimates, which are all positive and statistically significant throughout (the health one is significant at only 10%). The IV estimates are markedly larger than OLS ones (as it is the case in the returns to education literature). This might be for two non-exclusive reasons: misclassification error and heterogeneous treatment effects. Figure 1 showed that mothers' reported of breastfeeding durations are clustered around 30, 60, 90, 120, and 150 days which suggests that misclassification error might be an issue. In Appendix IV, we conduct a simulation exercise that shows that reasonably sized misclassification probabilities in the breastfeeding variable (probability of falsely reporting that the child was breastfed for at least 90 days to be 0.16, and the probability of falsely reporting that the child was not breastfed for at least 90 days to be 0.11) are enough to almost fully explain the discrepancy between the OLS and the IV results. We also show that the IV estimation recovers correctly the treatment effect.

A complementary explanation as to why the IV estimates are larger than the OLS ones is that IV identifies a local average treatment effect parameter (LATE: Imbens and Angrist 2004) and that the group of compliers is one that particularly benefits from breastfeeding. In our case, the compliers are children whose mothers do not breastfeed them if they do not receive

²⁴ It is outside the scope of this paper to study when the efficiency gains are more important. Still, we note that the linear first stage provides a poor fit among those with a low propensity to breastfeed according to Xs (those in the bottom 20%), amongst whom 33% have predicted probabilities of breastfeeding of less than zero.

²⁵ This is already emphasized by Wooldridge (2002, p. 623) who indicates that the IV standard errors already account for the uncertainty related to the estimation of the Probit model. Indeed, our estimates of the standard errors are the same as when we jointly bootstrap both the first (Probit) and second stage.

adequate support at the hospital, indicating that they would not substitute the hospital support with other alternatives (such as private lactation consultants) or use other support mechanisms (such as books, leaflets, telephone hotlines, community support groups). These compliers may also be less inclined to make future investments in their children, so the added value of breastfeeding will be relatively large (compared to children who receive many more investments). Consistent with this, we will report in section 7.3.1 that the compliers do not compensate for lack of breastfeeding with other investments.

[TABLE 5 HERE]

Appendix V reports the results by age and each different development measure. Regarding cognitive development, the results for ages 3 and 5 are all positive across the different measures of cognition and statistically significant in most of them. The magnitude of the effects are around 65% SD. At age 7, the estimates shrink towards zero and they are no longer significant. This seems to be due to a marked increased in attrition at age 7. Although attrition is uncorrelated with the instruments, the households that leave the sample tend to be more disadvantaged (section 8.1 and Appendix VI provide more detail on attrition). For reasons explained above, these households are likely to benefit most from breastfeeding, hence the reduction in the estimates. Evidencing this, the effects of breastfeeding at age 5 estimated on the sample available at age 7, are much smaller than the estimates based on the entire sample available at age 5 (Table VI.16 in Appendix VI). Appendices V and VI provide further details.

7.2 Quantile Regressions

We also use quantile regressions to estimate the effects of breastfeeding on different parts of the distribution (Bitler et al. 2006). We deal with the endogeneity of breastfeeding by using a control function approach (Lee 2007) and estimate the standard errors through bootstrapping. In Table 6, we report results using *Exposure* as the exclusion restriction (results using the cubic in hour are similar, and are shown in Table VII.1 of Appendix VII).

The quantile regressions in Table 6 provide evidence that breastfeeding has a significantly larger effect on cognitive development at the lower end of the distribution (quantiles 10 and 25). At higher quantiles, the effects are not statistically distinguishable from zero. This is consistent with the fact that breastfeeding benefits children from poorer socio-economic

backgrounds more, because they receive fewer investments and hence breastfeeding is relatively more important. Consistent with our previous results, the estimates on non-cognitive development and health are not statistically significant at conventional levels.

[TABLE 6 HERE]

7.3 Mechanisms

The striking findings just shown raise the question as to the underlying mechanisms through which breastfeeding may be affecting children's cognition. In section 2, we discussed the two main ones put forward in the literature: (1) the compositional superiority of breast milk and (2) breastfeeding may improve the relationship between mother and child - due to hormonal responses in mothers that may reduce stress and depression, and/or breastfeeding resulting in the mother spending more time with the baby. Regarding the latter, an improved mother-child relationship may result in an increase in activities likely to increase cognitive development (such as reading/telling stories); any observed increase in such activities may also be due to the perceived returns to such activities being higher for breastfed children. Clearly however, the direction of the relationship could also go the other way, for instance if mothers invest more in these activities in an attempt to compensate for not having breastfed. In this section, we consider both the effect of breastfeeding on maternal activities with the child, as well as the effect on the quality of the relationship between mother and child (which could indirectly affect the maternal behaviors as the literature hypothesizes).²⁶ In so doing, we provide evidence that (2) is not the mechanism at play, suggesting that (1) has a potentially important role to play in improving brain development and hence cognition.

7.3.1 Maternal investments

We use the frequency of learning activities such as reading to the child, library visits, singing, painting (see Appendix I) to analyse whether mothers respond to breastfeeding by investing more or less in their children. The list of activities comprises the Home Learning Environment (HLE) index, a composite measure of the quality and quantity of stimulation and support available to a child in the home (Bradley, 1995). Column 1 of Table 7 reports the overall summary index of the HLE indices at ages 3, 5 and 7 computed following Anderson

²⁶ Breastfeeding could also affect children's outcomes if it is used as a contraceptive method, of which there is evidence in developing countries (Jayachandran and Kuziemko, 2011). However, this is unlikely to be the case in a developed country like the UK, where women have better access to modern contraception. Indeed, in our data, the average number of younger siblings is 0.44 for weekday born children and 0.436 for weekend ones.

(2008). The remaining columns focus on age 3. Columns 2-7 report the results for separate activities at age 3, and column 8 shows the result for the activities at age 3 combined into the HLE index. The results are quite unequivocal: there is no evidence that breastfeeding changes the learning activities that parents provide their children with (this is true also at ages 5 and 7 - see Tables VII.2 and VII.3 in Appendix VII). Results using the cubic polynomial in *hour* are similar and available upon request.

[TABLE 7 HERE]

7.3.2 Maternal mental health and mother-child relationship

In the first five columns of Table 8, we find no significant differences of breastfeeding on maternal mental health measured using the Malaise Inventory, either overall (column 1) or at separate waves (columns 2-5; note from column 2 it is also measured when the baby is 9 months old). - The last two columns of Table 8 estimate whether breastfeeding affects the quality of the mother-child relationship, measured via the Pianta Scales when the child is 3 years old. It captures both the warmth of the relationship and conflict within the relationship. We detect no effect of breastfeeding on either aspect of the relationship.

[TABLE 8 HERE]

8. Robustness

In this section we discuss attrition from the sample and also carry out a battery of robustness exercises.

8.1 Sample Attrition

Appendix VI is dedicated to a detailed analysis of attrition from the sample; we summarize its three key aspects here. First, attrition is uncorrelated with the variation we exploit for identification. Indeed, attrition at various waves is practically the same for children born at the weekend and those born on weekdays (the difference ranges between -0.9% and +0.8% depending on the wave, and is not statistically different from zero in any case, see Table VI.1). This balance also extends to the instruments of *Exposure* and *Hour* (Table VI.2). Second, the rich set of characteristics that we observe are well balanced between those born in weekend and weekdays across waves 2, 3, and 4 (see Tables VI.3-VI.14, which effectively extend the balance analysis that we carried out in Appendix II to each single wave). Third, those who attrit are from more disadvantaged backgrounds (Table VI.15). Hence, our results

are valid conditional on the sample available but the sample in later waves (and especially at age 7) is not representative of the initial one. As discussed at the end of section 7.2, this is probably the reason why the estimates at age 7 are much smaller than at Age 3 or 5 (see also Appendix V).

8.2 Robustness Exercises

In this section, we carry out a number of exercises to check robustness of our main findings to specification and sample selection. Column 1 of Table 9 reports our main results using *Expoure* as exclusion restriction (see Table VII.4 in Appendix VII for similar results using *hour*). In column 2, we remove labor inductions from the sample, in column 3 we include emergency C-sections, and in columns 4 and 5 we condition on time of birth within the day (using either a third order polynomial in the hour of birth defined between 0 and 23 or dummy variables for each hour of birth).²⁷ In all cases, the effect of breastfeeding on cognitive development remains large and statistically significant. In column 6, we impute missing values (due to attrition) in the cognitive outcomes based on the values of non-missing waves. In column 7, we drop hospital fixed effects and find that the effect of breastfeeding remains large and significant but its magnitude drops a little. This is interesting because it shows that if there is any hospital level omitted variable, it biases the estimates towards rather than away from zero.²⁸

As an additional robustness check, we use cut-offs different from 90 days to define the breastfeeding binary variable. Rather than trying to estimate the optimal duration of breastfeeding (for which we would need exogenous variation in the cost of breastfeeding at different ages of the child), the aim of this exercise is to show that our results apply more generally and are not an artefact of the specific 90 day threshold used in the main analysis. While Table 10 shows that the effect of breastfeeding for at least 30 days is smaller (and not statistically significant) than the effect of breastfeeding for at least 90 days, the effects of breastfeeding for at least 60 or 120 days are extremely similar to that of breastfeeding for at least 90 days.

[TABLES 9-10 HERE]

²⁷ We do this because there is a within day cycle in inductions and epidurals. Inductions are more frequent in the morning and hence children are born later in the day (epidurals follow the same patter because induced deliveries tend to be more painful and hence epidurals are administered more frequently for induced deliveries). This is further discussed in Appendix II.

²⁸ Robustness results on non-cognitive skills and health are also in line with the main ones, see Tables VII.5-VII.8 in Appendix VII. Using *Hour* as exclusion restriction provides similar results to the ones using *Expoure*.

9. Conclusion

In this paper, we have used exogenous variation in timing of birth to estimate the impacts of breastfeeding on children's development at different stages up to age 7. Our results are striking: we find strong effects on children's cognitive development and no effects on their non-cognitive skills or health (admittedly, our data exhibit some limitations to capture short-term effects on health). We find no effects on mother's mental health, the quality of the child-mother relationship, or parental investments in their children.

On top of the extensive evidence the paper provided supporting our identification strategy, this constellation of findings - strong effects on cognitive development but not on parental investments or other dimensions of child development - also intimates the absence of an omitted variables bias and further reinforces the validity of our strategy. Furthermore, the absence of effects on health suggests strongly that our results are not driven by weekend hospital services having an adverse effect children's health, though to mitigate concerns with this we focused the main analysis on children born through natural delivery (not C-section) and who were not placed in intensive care.

Their magnitude of our estimates are in line with Kramer et al. (2008) who find effects on cognition at age 6.5 years in the region of 1 standard deviation or even higher. Their study involved randomizing a breastfeeding promotion intervention that increased hospital support in Belarus, so their compliers are mothers who breastfeed only if adequate hospital support is obtained, and who thus share features with ours. Kramer et al. (2001, 2008) also find very weak effects on health and no effects on child behaviour/non-cognitive skills.

In terms of the mechanisms underlying the effects on cognition, we find no evidence that the warmth of the mother-to-child relationship is higher amongst those who were breastfed as infants, or that maternal mental health is any better. There is also no evidence of other maternal investments into the child changing in an effort to compensate for lack of breastfeeding. This suggests to us that the unique composition of breast milk has the potential to play an important role in brain and subsequent development, though further research is clearly needed before conclusions can be reached.

Given the stark disparities in breastfeeding by socioeconomic background, with breastfeeding rates amongst the high educated more than three times those of the low educated (48% versus 13% in the UK), the evidence provided suggests that breastfeeding may well contribute to the gap in children's cognitive development across the socio-economic spectrum. Moreover the instrument used to identify the effects, apart from providing a unique and credible source of variation, also suggests a specific policy focus - on hospital breastfeeding support - to help close this gap.

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Table 1. Differences in Breastfeeding Support and Breastfeeding Rates by Day of Birth

| Source → | [1] | [2] | [3] | [4] | [5] | [6] | [7] | [8] |
|-----------------|----------------------------|-------------------------|-------------------------|--------------------------------|----------------------------|-------------------------|-------------------------|--------------------------------|
| | Low Educated | | | | High Educated | | | |
| | MUS | | MCS | | MUS | | MCS | |
| Day of Birth ↓ | Received consistent advice | Received practical help | Received active support | Breastfed for at least 90 days | Received consistent advice | Received practical help | Received active support | Breastfed for at least 90 days |
| Sun | 0.004 (0.022) | -0.014 (0.023) | -0.016 (0.023) | -0.055* (0.022) | -0.013 (0.014) | 0.002 (0.014) | 0.000 (0.014) | -0.048 (0.027) |
| Tue | -0.022 (0.022) | -0.021 (0.024) | -0.024 (0.023) | -0.030 (0.021) | -0.007 (0.014) | -0.013 (0.014) | -0.006 (0.013) | -0.019 (0.026) |
| Wed | -0.007 (0.022) | -0.006 (0.023) | -0.018 (0.023) | -0.015 (0.021) | 0.009 (0.014) | -0.004 (0.014) | 0.003 (0.013) | -0.045 (0.026) |
| Thurs | -0.007 (0.022) | -0.011 (0.024) | -0.021 (0.024) | -0.026 (0.021) | -0.007 (0.014) | -0.009 (0.014) | -0.011 (0.013) | -0.034 (0.026) |
| Fri | -0.095** (0.022) | -0.083** (0.023) | -0.084** (0.023) | -0.060** (0.021) | -0.008 (0.014) | -0.005 (0.014) | -0.002 (0.013) | -0.041 (0.025) |
| Sat | -0.028 (0.022) | -0.066** (0.024) | -0.052* (0.023) | -0.058** (0.021) | 0.006 (0.014) | 0.007 (0.014) | 0.006 (0.013) | -0.042 (0.026) |
| Monday Mean | 0.814 | 0.784 | 0.796 | 0.265 | 0.776 | 0.793 | 0.799 | 0.545 |
| P-value Joint | 0.000 | 0.001 | 0.006 | 0.0174 | 0.654 | 0.824 | 0.883 | 0.496 |
| P-value Fri-Sun | 0.000 | 0.000 | 0.001 | 0.0124 | 0.520 | 0.858 | 0.928 | 0.236 |
| Observations | 4914 | 4772 | 4813 | 5989 | 12946 | 12580 | 12820 | 5484 |

Notes. The top six cells report coefficients from an OLS regression over day of week dummies (Monday omitted). The dependent variable is at the top of the column. All columns exclude emergency and planned C-sections. Cols. 1-3 and 5-7 are from the Maternity Users Survey (MUS). Cols 4 and 8 are from the Millenium Cohort Study (MCS) and also exclude children placed in intensive care. Standard errors in parentheses: ** p<0.01, * p<0.05.

Table 2. Distribution of Emergency C-Sections and Intensive Care Unit (ICU) stays by Day of Birth

| Day of Birth ↓ | [1] | [2] | [3] | [4] | [5] | [6] |
|-----------------|-------------------------------------|-------|------------------------------|---------------------|-------------------|------------------------------|
| | Emergency Caesarean | ICU | ICU among Vaginal Deliveries | Emergency Caesarean | ICU | ICU among Vaginal Deliveries |
| | (Difference with respect to Monday) | | | | | |
| Sun | 11.88% | 8.78% | 6.21% | -0.018 (0.015) | 0.008 (0.013) | -0.002 (0.013) |
| Mon | 13.66% | 7.95% | 6.44% | | | |
| Tue | 11.80% | 7.31% | 5.55% | -0.019 (0.015) | -0.006 (0.012) | -0.009 (0.012) |
| Wed | 12.25% | 9.32% | 5.08% | -0.014 (0.015) | 0.014 (0.012) | -0.014 (0.012) |
| Thurs | 13.74% | 9.61% | 6.09% | 0.001 (0.015) | 0.017 (0.012) | -0.003 (0.012) |
| Fri | 11.72% | 9.07% | 6.76% | -0.019 (0.015) | 0.011 (0.012) | 0.003 (0.012) |
| Sat | 11.13% | 7.78% | 6.18% | -0.025 (0.015) | -0.002 (0.012) | -0.003 (0.012) |
| P-value Joint | | | | 0.456 | 0.442 | 0.805 |
| P-value Fri-Sun | | | | 0.373 | 0.668 | 0.968 |
| Observations | 7296 | 7296 | 5747 | 7296 | 7296 | 5747 |

Notes. Columns 1 to 3 show distribution of the variable define in the heading of each column by day of birth. Columns 4 to 6 show estimates from separate OLS regressions (Monday omitted). Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through planned caesarean. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

Table 3. Balance by Day of Birth (extract from Tables II.1 and II.4 of Appendix II)

| Variable | Fri-Sun | Mon-Thurs | t-stat | Variable | Fri-Sun | Mon-Thurs | t-stat |
|--|---------|-----------|--------|--------------------------------|---------|-----------|--------|
| Mother and Baby | | | | Delivery | | | |
| 1 st ante-natal before 11 weeks | 0.405 | 0.391 | 1.092 | Labour induced | 0.302 | 0.309 | -0.629 |
| Attended ante-natal classes | 0.243 | 0.241 | 0.146 | Labour duration (hours) | 8.953 | 8.705 | 0.912 |
| Birth weight (kg) | 3.362 | 3.352 | 0.701 | Epidural | 0.208 | 0.201 | 0.652 |
| Premature | 0.049 | 0.043 | 1.088 | Absence of complications | 0.756 | 0.766 | -0.918 |
| Length of gestation (days) | 278.8 | 279.3 | -1.706 | Postnatal hospital care | | | |
| # avg. cig. per day | 3.642 | 3.633 | 0.057 | Child exam before discharge | 0.942 | 0.942 | 0.004 |
| Drank during pregnancy | 0.250 | 0.246 | 0.434 | Exam by Doctor | 0.707 | 0.707 | 0.034 |
| Longstanding illness | 0.199 | 0.206 | -0.681 | Enough info about recovery | 0.853 | 0.872 | -1.939 |
| Income Support | 0.299 | 0.304 | -0.426 | Always treated respectfully | 0.695 | 0.711 | -1.204 |
| | | | | Always treated kindly | 0.681 | 0.694 | -0.982 |

Notes. Columns report sample means and t-statistic of the difference. Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through c-sections (either emergency or planned) and children placed in intensive care after delivery. Variables related to postnatal hospital care are from the Maternity Users Survey 2007 with 5314 observations. The rest of the variables are from the Millennium Cohort Study with 5989 observations.

Table 4. First stage. Breastfed for at least 90 Days. Coefficient Estimates

| | [1] | [2] | [3] | [4] | [5] | [6] |
|----------------------------|-----------------------|-----------------------|-----------------------|----------------------|----------------------|----------------------|
| | PROBIT | OLS | OLS | PROBIT | OLS | OLS |
| Exposure to Weekend | -0.1504** (0.0502) | -0.0388** (0.0132) | -0.0353** (0.0135) | | | |
| Hour | | | | 0.0099* (0.0042) | 0.0024* (0.0011) | 0.0028** (0.0011) |
| (Hour ²)/100 | | | | -0.0120* (0.0058) | -0.0030* (0.0015) | -0.0034* (0.0015) |
| (Hour ³)/10000 | | | | 0.0037 (0.0023) | 0.0009 (0.0006) | 0.0011 (0.0006) |
| P-value | 0.002 | 0.003 | 0.005 | 0.000 | 0.000 | 0.001 |
| F-stat | | 8.628 | 6.812 | | 4.756 | 4.337 |
| Hospital FE | No | No | Yes | No | No | Yes |
| Observations | 5810 | 5810 | 5810 | 5810 | 5810 | 5810 |

Notes. Each column reports the coefficients from a regression in which the dependent variable is whether the child was breastfed for at least 90 days, and the independent variables include the exclusion restrictions listed in the first column (exposure to weekend or cubic polynomial in hour), and all of the variables listed in Table II.1 and Table II.4 (upper panel) of Appendix II, month of birth, interview months, and regional dummies. The model (Probit or OLS) is noted at the top of the column. The P-value and F-stat refer to the null hypothesis that the coefficient/s of the instrument is zero or jointly zero. Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

Table 5. Effect of Breastfeeding on Child Development

| Exclusion Restriction → | [1] | [2] | [3] | [4] | [5] | [6] |
|-------------------------|----------------------------|---------------------|-------------------|---------------------------|---------------------|-------------------|
| | <i>Exposure to weekend</i> | | | <i>Polynomial in hour</i> | | |
| Estimation Method ↓ | Cognitive Index | Non-Cognitive Index | Health Index | Cognitive Index | Non-Cognitive Index | Health Index |
| NTSLS | 0.463** (0.180) | 0.320 (0.226) | 0.026 (0.083) | 0.451** (0.170) | 0.347 (0.215) | 0.007 (0.080) |
| TSLs | 0.497 (0.618) | 0.253 (0.810) | -0.407 (0.299) | 0.467 (0.423) | 0.584 (0.594) | -0.286 (0.204) |
| OLS | 0.057** (0.019) | 0.097** (0.023) | 0.018 (0.009) | 0.057** (0.019) | 0.097** (0.023) | 0.018 (0.009) |
| F statistic | 7.023 | 5.701 | 8.580 | 3.728 | 3.094 | 4.713 |
| P-value | 0.0081 | 0.0170 | 0.0034 | 0.011 | 0.026 | 0.0027 |
| Observations | 5015 | 4957 | 5810 | 5015 | 4957 | 5810 |

Notes. Each cell reports coefficient of breastfeeding for at least 90 days from separate regressions in which the dependent variable is listed at the top of the column and the estimation method is listed in the left hand column (NTSLS denotes non-linear two-stage least squares; TSLs denotes two-stage least squares; OLS denotes ordinary least squares). Control variables are the same as in Table 4 (with the addition of hospital fixed effects). In columns 1 to 3 exposure to weekend is excluded from the second-stage regression, while in columns 4 to 6 the cubic polynomial in hour is excluded. F statistic and P-value correspond to the null hypothesis that the coefficient(s) of the excluded variable(s) are zero or jointly zero, as estimated from an OLS regression where the dependent variable is breastfeeding for at least 90 days, and controls are as noted already. Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

Table 6. Effect of Breastfeeding on Indices at Different Quantiles

| Percentile | 10 | 25 | 50 | 75 | 90 |
|---------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| Cognitive Index | 1.251* (0.499) | 0.776* (0.374) | 0.503 (0.331) | 0.344 (0.316) | 0.189 (0.455) |
| Non-cognitive Index | 0.534 (0.744) | -0.024 (0.556) | -0.002 (0.457) | 0.111 (0.428) | -0.041 (0.450) |
| Health Index | -0.165 (0.337) | 0.058 (0.240) | -0.219 (0.165) | -0.058 (0.122) | 0.011 (0.104) |

Notes. Each cell reports the coefficient of a quantile regression of each index on breastfeeding, additional control variables and a sixth-order polynomial of the first stage residuals (control function). The percentile is indicated at the top of the column. Control variables are the same as in Table 4. Bootstrapped standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

Table 7. Effect of Breastfeeding on Parenting Activities

| Estimation Method ↓ | [1] | [2] | [3] | [4] | [5] | [6] | [7] | [8] |
|---------------------|---|-------------------------|-----------------------------------|--|--------------------------------|--|------------------------------------|---------------------------|
| | Home Learning Environment Summary Index | Age 3 | | | | | | |
| | | Read to child every day | Take child to library once a week | Help child to learn alphabet every day | Teach child counting every day | Teach child songs/poems/rhymes every day | Child paint/draw at home every day | Home learning Environment |
| NTSLS | 0.233 (0.228) | 0.061 (0.163) | 0.095 (0.074) | 0.105 (0.136) | -0.163 (0.164) | 0.197 (0.163) | 0.139 (0.163) | 4.217 (2.566) |
| TSLs | -1.036 (0.912) | -0.503 (0.628) | 0.101 (0.277) | -0.301 (0.477) | -1.003 (0.755) | -0.539 (0.639) | -0.893 (0.713) | -16.522 (12.209) |
| OLS | 0.089** (0.025) | 0.058** (0.019) | 0.017 (0.010) | 0.018 (0.015) | 0.007 (0.019) | 0.043* (0.019) | 0.007 (0.019) | 0.892** (0.298) |
| F statistic | 6.922 | 6.362 | 6.362 | 6.362 | 6.362 | 6.362 | 6.362 | 6.362 |
| P-value | 0.00854 | 0.0117 | 0.0117 | 0.0117 | 0.0117 | 0.0117 | 0.0117 | 0.0117 |
| Mean | | 0.466 | 0.0546 | 0.189 | 0.469 | 0.506 | 0.445 | 24.62 |
| SD | | 0.499 | 0.227 | 0.392 | 0.499 | 0.500 | 0.497 | 7.832 |
| Observations | 5062 | 4484 | 4484 | 4484 | 4484 | 4484 | 4484 | 4484 |

Notes. Each cell reports coefficient of breastfeeding for at least 90 days from separate regressions in which the dependent variable is listed at the top of the column. The estimation method is listed in the left hand column (NTSLS denotes non-linear two-stage least squares; TSLs denotes two-stage least squares; OLS denotes ordinary least squares). Control variables are the same as in Table 5. Exposure to weekend is excluded from the second-stage regressions. F statistic and P-value correspond to the null hypothesis that the coefficient of the excluded variable is zero, as estimated from an OLS regression where the dependent variable is breastfeeding for at least 90 days, and controls are as noted already. Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

Table 8. Effect of Breastfeeding on Mother's Outcomes

| Estimation Method ↓ | [1] | [2] | [3] | [4] | [5] | [6] | [7] |
|---------------------|----------------------------------|------------------------|-------------------|-------------------|-------------------|---------------------------|-----------------------|
| | Summary Index for mother malaise | Mother's malaise index | | | | Mother-child relationship | Mother-child conflict |
| | | 9 months old | 3 years old | 5 years old | 7 years old | | |
| NTSLS | 0.178 (0.187) | -0.166 (0.600) | -0.202 (1.322) | 2.125 (1.632) | -1.872 (1.485) | 0.506 (3.555) | -1.341 (2.486) |
| TSLs | 0.165 (0.569) | -0.283 (1.693) | -1.848 (3.630) | 0.658 (3.624) | -0.829 (3.346) | 14.743 (13.957) | 6.020 (9.335) |
| OLS | 0.025 (0.020) | -0.001 (0.060) | -0.032 (0.161) | -0.004 (0.159) | -0.232 (0.165) | 0.082 (0.375) | -0.580* (0.267) |
| F statistic | 8.580 | 8.628 | 8.077 | 7.720 | 9.205 | 5.528 | 5.528 |
| P-value | 0.0034 | 0.0033 | 0.0045 | 0.0055 | 0.0024 | 0.0188 | 0.0188 |
| Mean | 0.00146 | 1.739 | 3.534 | 3.473 | 3.492 | 29.03 | 14.55 |
| SD | 0.637 | 1.857 | 3.987 | 4.032 | 4.147 | 10.93 | 7.605 |
| Observations | 5810 | 5810 | 3535 | 3948 | 3552 | 4514 | 4514 |

Notes. Each cell reports coefficient of breastfeeding for at least 90 days from separate regressions in which the dependent variable is listed at the top of the column. The dependent variable in col.1 is constructed from the malaise indices that are used in cols. 2-5. The age-specific malaise index at 9 months constructed from the 9-item Malaise Inventory, and the malaise indices at 3, 5 and 7 years are constructed from the 6-scale Kessler Inventory. The estimation method is listed in the left hand column (NTSLS denotes non-linear two-stage least squares; TSLs denotes two-stage least squares; OLS denotes ordinary least squares). Control variables are the same as in Table 5. Exposure to weekend is excluded from the second-stage regressions. F statistic and P-value correspond to the null hypothesis that the coefficient on the excluded variable is zero, as estimated from an OLS regression where the dependent variable is breastfeeding for at least 90 days, and controls are as noted already. Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

Table 9. Effect of Breastfeeding on Cognitive Index: Robustness

| | [1] | [2] | [3] | [4] | [5] | [6] | [7] |
|--|--------------------|--------------------|-------------------|--------------------|-------------------|-------------------|--------------------|
| NTSLS | 0.463** (0.180) | 0.565** (0.215) | 0.412* (0.170) | 0.462** (0.177) | 0.418* (0.174) | 0.497* (0.204) | 0.382** (0.148) |
| First Stage F-statistic | 7.023 | 3.307 | 8.284 | 6.906 | 7.095 | 7.023 | 7.023 |
| Observations | 5015 | 3482 | 5588 | 5015 | 5015 | 5015 | 5015 |
| [1] Include labour inductions | Y | N | Y | Y | Y | Y | Y |
| [2] Include emergency Caesareans | N | N | Y | N | N | N | N |
| [3] Control for polynomial in hour within the day (0-24) | N | N | N | Y | N | N | N |
| [4] Control for hour of birth dummies | N | N | N | N | Y | N | N |
| [5] Include imputed data | N | N | N | N | N | Y | N |
| [6] Control for hospital fixed effects | Y | Y | Y | Y | Y | Y | N |

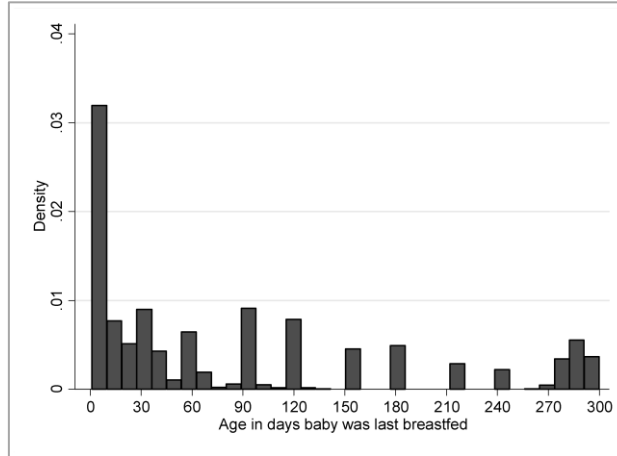
Notes. Each cell reports coefficient of breastfeeding for at least 90 days from separate regressions in which the dependent variable is Cognitive Index and the estimation method is NTSLS (non-linear two-stage least squares). Control variables are the same as in Table 5. Exposure to weekend is excluded from the second-stage regressions. F statistic and P-value correspond to the null hypothesis that the coefficient on the excluded variable is zero, as estimated from an OLS regression where the dependent variable is breastfeeding for at least 90 days, and controls are as noted already. Main sample contains low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. Robustness exercise is indicated in the bottom rows. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

Table 10. Effect of Breastfeeding on Child Development: Several Breastfeeding Durations

| | [1] | [2] | [3] | [4] | [5] | [6] | [7] | [8] |
|---------------------|------------------------------------|------------------------------------|------------------------------------|-------------------------------------|------------------------------------|------------------------------------|------------------------------------|-------------------------------------|
| | <i>Exposure to weekend</i> | | | | <i>Polynomial in hour</i> | | | |
| Index ↓ | Was breastfed for at least 30 days | Was breastfed for at least 60 days | Was breastfed for at least 90 days | Was breastfed for at least 120 days | Was breastfed for at least 30 days | Was breastfed for at least 60 days | Was breastfed for at least 90 days | Was breastfed for at least 120 days |
| Cognitive Index | 0.397 (0.222) | 0.441* (0.197) | 0.463** (0.180) | 0.435* (0.172) | 0.389 (0.209) | 0.425* (0.182) | 0.451** (0.170) | 0.447** (0.166) |
| Non-Cognitive Index | 0.399 (0.268) | 0.401 (0.243) | 0.320 (0.226) | 0.291 (0.215) | 0.431 (0.257) | 0.422 (0.227) | 0.347 (0.215) | 0.323 (0.209) |
| Health Index | -0.097 (0.096) | 0.000 (0.089) | 0.026 (0.083) | 0.104 (0.083) | -0.095 (0.092) | -0.022 (0.083) | 0.007 (0.080) | 0.077 (0.080) |

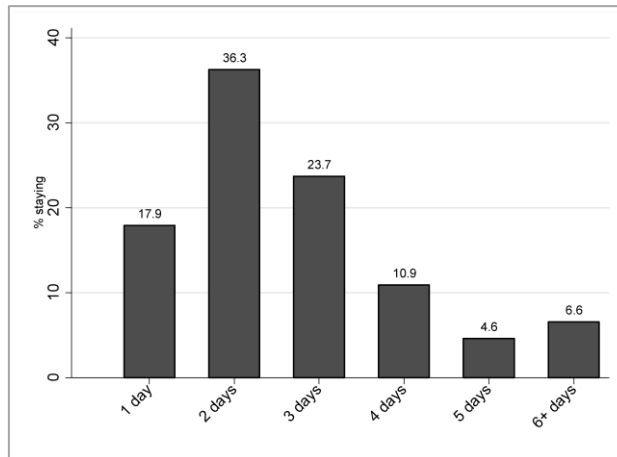
Notes. Column (3) and (7) are the same as our main results (Table 5, first row). The other columns replicate our main results but with other other breastfeeding durations (as indicated in the column heading). Estimation method is NTSLS (non-linear two-stage least squares). Control variables are the same as in Table 5. Exposure to weekend [cubic polynomial in hour] is excluded from the second-stage regressions. F statistic and P-value correspond to the null hypothesis that the coefficient(s) of the excluded variable(s) are zero or jointly zero, as estimated from an OLS regression where the dependent variable is indicated in the column heading, and controls are as noted already. Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

Figure 1: Breastfeeding Duration in Days



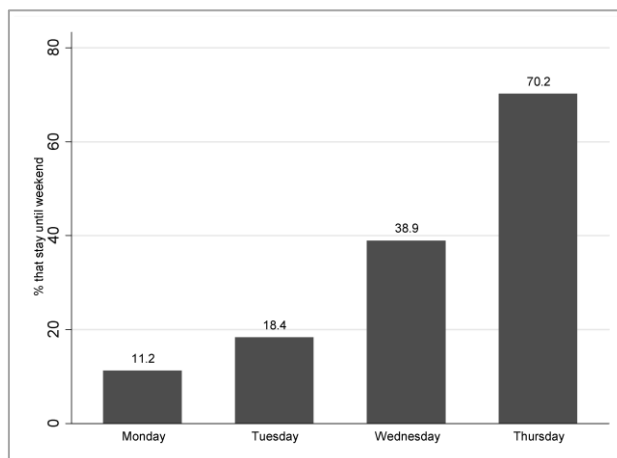
Mothers who never initiate breastfeeding were excluded: 45.7%. Sample comprises low educated mothers, but excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care. Source: Millennium Cohort Study.

Figure 2: Length of Hospital Stay after Delivery



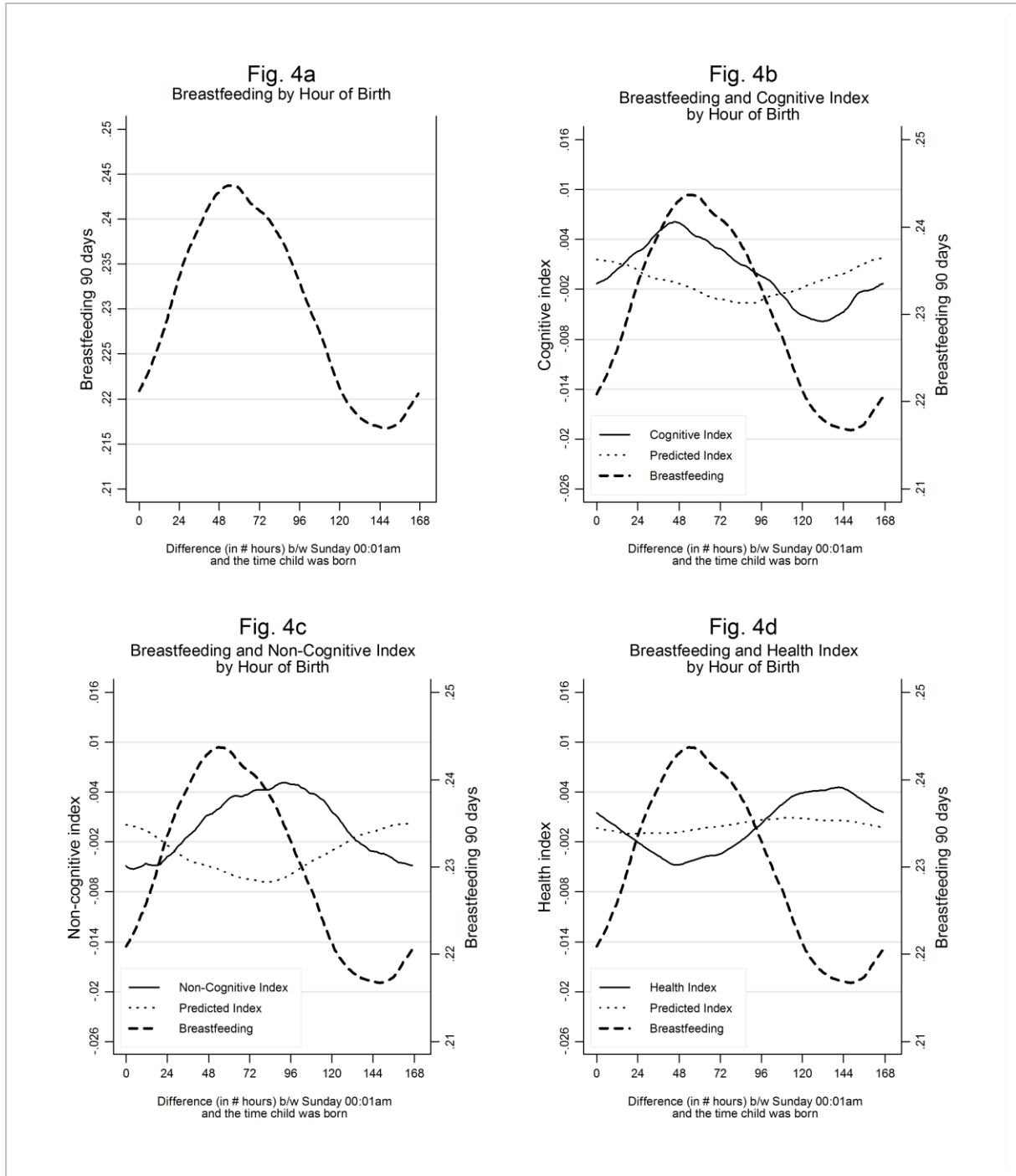
Sample comprises low educated mothers, but excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care. Source: Millennium Cohort Study.

Figure 3: Actual Exposure to Weekend for those Born on Mon-Thurs



The figure shows the percentage of children who spent at least part of the weekend in hospital, according to their day of birth. Weekend is defined as the period from Friday 8am to Sunday 11.59pm. Sample comprises low educated mothers, but excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care. Source: Millennium Cohort Study.

Figure 4: Relationship between Breastfeeding/Developmental Indices and Timing of Birth



In all four figures, the horizontal axis shows the hour of birth within the week (0 corresponds to Sunday 00:01-00:59 and 163 to 23:00-23:59 on Saturday). The solid and dashed lines are the estimates of the function $F(hour)$ on the partially linear regression defined as $Y = F(hour) + X\beta + \epsilon$, where $hour$ is the variable in the horizontal axis, and X is a set of control variables (same as those in table 4). The estimate of the dashed line (which is the same in all four figures) is obtained by defining $Y = 1$ if the child was breastfed for at least 90 days and $= 0$ otherwise. In Figure 4b (4c) [4d], the solid line is obtained by defining Y as the cognitive (non-cognitive) [health] index. In all four figures, $F(hour)$ is estimated following Robinson (1988) using Kernel regression (triangular Kernel with bandwidth of 72). The dotted line is a Kernel regression (triangular Kernel with bandwidth 72) of the dependent variable over $hour$. The dependent variable is the predicted index (cognitive in 4b, non-cognitive in 4c, and health in 4d) obtained from a regression of the actual index on the same covariates as those used in Table 4. Sample comprises low educated mothers (NVQ level 2 or less, or unknown NVQ level but left school before age 17), but excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care. Source: Millennium Cohort Study.

Appendix I: Measurements

Appendix I. Measurements

Cognitive Development

The first cognitive test is the British Ability Scales (BAS), which is measured directly from the child at ages 3, 5 and 7 (MCS2,3,4). Six different BAS tests have been administered across the MCS sweep. The BAS Naming Vocabulary test is a verbal scale which assesses spoken vocabulary (MCS2,3). Children are shown a series of coloured pictures of objects one at a time which they are asked to name. The scale measures the children's expressive language ability. In the BAS Pattern Construction Test, the child constructs a design by putting together flat squares or solid cubes with black and yellow patterns on each side (MCS3,4). The child's score is based on both speed and accuracy in the task. The BAS Picture Similarity Test assesses pictorial reasoning (MCS3). The BAS Word Reading Test the child reads aloud a series of words presented on a card (MCS4).

The second measure of cognitive ability is the Bracken School Readiness Assessment. This is used to assess the conceptual development of young children across a wide range of categories, each in separate subtests (Bracken 2002). MCS2 employs six of the subtests which specifically evaluate: colours, letters, numbers/counting, sizes, comparisons, and shapes. The test result used is a composite score based on the total number of correct answers across all six subtests.

Non-Cognitive Development

The behavioural development of children is measured using the Strengths and Difficulties Questionnaire (SDQ). This is a validated behavioural screening tool which has been shown to compare well with other measures for identifying hyperactivity and attention problems (Goodman, 1997). It consists of 25 items which generate scores for five subscales measuring: conduct problems; hyperactivity; emotional symptoms; peer problems; and pro-social behaviour. The child's behaviour is reported by a parent, normally the mother, in the computer assisted self-completion module of the questionnaire. At age 4 an age appropriate adapted version of the SDQ was used and at ages 5 and 7 the 4 - 15 years version was used.

Health

Various dimensions of child health are reported by the mother. At the 9-month survey she is asked whether the child has suffered any of the following list of health problems that resulted in him/her being taken to the GP, Health Centre or Health visitor, or to Casualty, or that resulted in a phonecall to NHS direct: chest infections, ear infections, wheezing/asthma, skin problems, persistent or severe vomiting, and/or persistent or severe diarrhoea.

At ages 3, 5 and 7, the mother is asked whether the child has any long-standing health condition, asthma (ever), eczema (ever), hayfever (ever) (note eczema and hayfever are pooled at age 3), wheezing/whistling in chest (ever). At age 3 we also observe whether the child has had recurring ear infections.

Maternal Behaviour/Parenting Activities

We measure three dimensions of maternal behaviour and investments. The first is the warmth of the relationship between the mother and child at three years from a self-reported instrument completed by mothers that assesses her perceptions of her relationship with her child (Pianta 1992).

The second is maternal mental health. At child age 9 months, it is measured from the Malaise Inventory (Rutter et al. 1970), a set of self-completion questions which combine to measure levels of psychological distress, or depression. It is a shortened version of the original 24-item scale that was developed from the Cornell Medical Index Questionnaire which comprises of 195 self-completion questions (Brodman et al. 1949, 1952). This self completion measure has been used widely in general population studies. In the MCS, the following 9 of the original 24 items of the Malaise Inventory were used: tired most of time; often miserable or depressed; often worried about things; easily upset or irritated; every little thing gets on your nerves and wears you out; often get into a violent rage; suddenly scared for no good reason; constantly keyed up or jittery; heart often races like mad. Yes/No answers are permitted, making total score of 9. At ages 3, 5 and 7, the Kessler 6 scale was used (Kessler et al. 2003). Both main and partner respondents used a computerised self-

completion form. The six questions ask how often in the past 30 days the respondent had felt i) 'so depressed that nothing could cheer you up' ii) 'hopeless' iii) 'restless or fidgety' iv) 'that everything you did was an effort' v) 'worthless' vi) 'nervous'. For each question respondents score between 0 (none of the time) and 3 (most or all of the time) making a total scale of 18.

Finally, we observe the home learning environment (HLE, based on activities carried out with the child in the home, see Bradley 1995) at ages 3, 5 and 7. In particular, at age 3 we observe frequency of: reading to the child, library visits, learn the ABC or alphabet, numbers or counting, songs, poems or nursery rhymes, painting or drawing. At ages 5 and 7 we observe the frequency of: reading, stories, musical activities, drawing/painting, physically active games, indoor games, park/playground. We consider these activities separately (coded as 0/1 dummy variables, where 1=whether the activity took place every day) and also combine the responses on frequency into a score "Home learning environment" ranging from 0 (do not perform any of said activities at all) to 42 (perform each of said activities every day).

Appendix II: Balance

This Appendix expands section 5.3 and 5.4 of the paper. In the tables below, we will assess the comparability of babies (and their mothers) born at weekdays vs. weekends, as well as of the essential maternity services.

Table II.1 shows that the mother's characteristics (including antenatal services received, demographics, mother's health and lifestyle, socioeconomic status, birth weight of newborn) are fully comparable between deliveries that take place on the weekend (Fri-Sun) and weekday (Mon-Thurs). In all 90 variables compared, the differences between those born on weekdays and the weekend are very small in magnitude, and only 3 of them are statistically significant at the 5% level. It is worth highlighting that Table II.1 includes variables that are important predictors of child development such as newborn's birth weight, ethnicity, maternal smoking and drinking during pregnancy, mother's receipt of welfare benefits (social assistance), all of which are extremely similar across weekday and weekend births.

We scrutinize the relationship in more detail by checking whether *Exposure* or *Hour*, which are our precise exclusion restrictions, are related to maternal and newborn characteristics. We regress the newborn and mother's characteristics over a third order polynomial in $Hour_i$ and report in Table II.2 the p-value of the null hypothesis that the coefficients of the third order polynomial are zero. It can be seen that in the vast majority (97%, or 87 out of 90 variables) of cases, we cannot reject this null hypothesis at 5% of significance. In Table II.3 we repeat the same exercise but with *Exposure* instead of the third order polynomial in *Hour*, and obtain similar results (94%, 85 out of 90 variables).

Table II.1. Balance by day of birth

| Variable | Fri-Sun | Mon-Thurs | t-stat diff | Variable | Fri-Sun | Mon-Thurs | t-stat diff |
|--|---------|-----------|-------------|--|---------|-----------|-------------|
| <i>Antenatal</i> | | | | Back Pain/lumbago/sciatica | 0.204 | 0.218 | -1.310 |
| Received ante-natal care | 0.946 | 0.953 | -1.141 | Fits/convulsions/epilepsy | 0.021 | 0.029 | -1.931 |
| <i>First ante-natal was</i> | | | | Diabetes | 0.011 | 0.011 | -0.129 |
| 0-11 weeks | 0.405 | 0.391 | 1.092 | Cancer | 0.008 | 0.012 | -1.462 |
| 12-13 weeks | 0.329 | 0.344 | -1.220 | Digestive or Bowel disorders | 0.069 | 0.082 | -1.897 |
| ≥ 14 weeks | 0.184 | 0.189 | -0.446 | Diabetes during pregnancy | 0.007 | 0.008 | -0.015 |
| Don't know | 0.028 | 0.029 | -0.217 | <i>Mothers Socioeconomic Status</i> | | | |
| Attended ante-natal | 0.243 | 0.241 | 0.146 | Working during pregnancy | 0.493 | 0.508 | -1.118 |
| Received fertility | 0.012 | 0.016 | -1.357 | Live in house | 0.820 | 0.823 | -0.327 |
| Planned parenthood | 0.448 | 0.451 | -0.255 | # rooms | 5.000 | 5.015 | -0.446 |
| <i>Baby</i> | | | | Own outright | 0.029 | 0.025 | 1.075 |
| Female | 0.504 | 0.492 | 0.959 | Rent from Local Authority | 0.294 | 0.291 | 0.256 |
| Birth weight (kg) | 3.362 | 3.352 | 0.701 | Rent from Housing Association | 0.101 | 0.110 | -1.059 |
| Premature | 0.049 | 0.043 | 1.088 | Rent privately | 0.105 | 0.095 | 1.276 |
| Length of gestation (days) | 278.8 | 279.3 | -1.706 | Live with parents | 0.059 | 0.056 | 0.522 |
| Present at birth | | | | Live rent free | 0.016 | 0.019 | -0.816 |
| Father | 0.794 | 0.791 | 0.245 | Heating | | | |
| Mother's friend | 0.045 | 0.054 | -1.703 | Open fire | 0.036 | 0.034 | 0.400 |
| Grandmother (in law) | 0.259 | 0.243 | 1.417 | Gas/electric fire | 0.305 | 0.302 | 0.298 |
| Someone else | 0.109 | 0.113 | -0.412 | Central | 0.874 | 0.896 | -2.572 |
| <i>Mothers Demographics</i> | | | | No heating | 0.011 | 0.010 | 0.702 |
| Age | 26.405 | 26.456 | -0.322 | Damp or condensation at | 0.164 | 0.165 | -0.040 |
| Expected educ. at age 16 | 0.558 | 0.563 | -0.365 | Assets | | | |
| Married | 0.443 | 0.454 | -0.821 | Telephone | 0.943 | 0.939 | 0.599 |
| Religion | | | | Dishwasher | 0.195 | 0.192 | 0.330 |
| No religion | 0.562 | 0.550 | 0.871 | Own computer | 0.384 | 0.385 | -0.066 |
| Catholic | 0.075 | 0.080 | -0.668 | Tumble dryer | 0.589 | 0.594 | -0.385 |
| Protestant | 0.030 | 0.028 | 0.477 | Own/access to car | 0.728 | 0.723 | 0.490 |
| Anglican | 0.148 | 0.144 | 0.449 | Noisy Neighbours | | | |
| Another type of | 0.061 | 0.062 | -0.082 | Very common | 0.088 | 0.093 | -0.655 |
| Hindu | 0.013 | 0.012 | 0.364 | Fairly common | 0.137 | 0.115 | 2.610 |
| Muslim | 0.101 | 0.114 | -1.636 | Not very common | 0.390 | 0.403 | -1.017 |
| Other | 0.011 | 0.011 | -0.089 | Not at all common | 0.385 | 0.390 | -0.383 |
| Ethnicity | | | | Presence of rubbish and litter | | | |
| White | 0.844 | 0.837 | 0.664 | Very common | 0.152 | 0.153 | -0.068 |
| Mixed | 0.014 | 0.010 | 1.391 | Fairly common | 0.225 | 0.221 | 0.321 |
| Indian | 0.022 | 0.021 | 0.260 | Not very common | 0.367 | 0.368 | -0.050 |
| Pakistani/Bangladeshi | 0.080 | 0.089 | -1.308 | Not at all common | 0.256 | 0.258 | -0.195 |
| Black | 0.029 | 0.030 | -0.197 | Vandalism and damage to | | | |
| Other | 0.011 | 0.012 | -0.350 | Very common | 0.113 | 0.110 | 0.358 |
| Mother's Mother is still | 0.931 | 0.931 | -0.047 | Fairly common | 0.163 | 0.159 | 0.355 |
| Lived away from home | 0.200 | 0.209 | -0.885 | Not very common | 0.400 | 0.401 | -0.039 |
| <i>Mothers Health and Lifestyle</i> | | | | Not at all common | 0.324 | 0.330 | -0.478 |
| Smoked during | 3.642 | 3.633 | 0.057 | Garden | | | |
| Drank during pregnancy | 0.250 | 0.246 | 0.434 | Own garden | 0.816 | 0.818 | -0.200 |
| Longstanding illness | 0.199 | 0.206 | -0.681 | Shared garden | 0.047 | 0.044 | 0.485 |
| Limiting longstanding | 0.105 | 0.095 | 1.308 | Social Assistance | | | |
| If mother has ever had | | | | Child Tax Credit | 0.122 | 0.131 | -1.041 |
| Migraine | 0.226 | 0.218 | 0.675 | Working Families Tax Credit | 0.252 | 0.242 | 0.908 |
| Hayfever or persistent | 0.222 | 0.246 | -2.159 | Income Support | 0.299 | 0.304 | -0.426 |
| Bronchitis | 0.072 | 0.070 | 0.404 | Jobseekers Allowance | 0.044 | 0.048 | -0.776 |
| Asthma | 0.171 | 0.178 | -0.707 | Housing Benefit | 0.259 | 0.258 | 0.057 |
| Eczema | 0.175 | 0.184 | -0.925 | Council Tax Benefit | 0.243 | 0.238 | 0.432 |
| | | | | Invalid Care Allowance | 0.015 | 0.013 | 0.665 |

Notes. Figures in columns titled "Fri-Sun" and "Mon-Thurs" are sample means of the variable listed under the column titled "Variable". The t-statistic of the difference between the means listed in these two columns is shown under the column titled "t-stat diff". Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. All variables are dummy variables, with the exception of birth weight, length of gestation, mother's age, smoked during pregnancy and # rooms. Number of observations 5989. Source: Millennium Cohort Study.

Table II.2. Balance by cubic polynomial in hour

| Variable | p-value | Variable | p-value |
|--|---------|--|---------|
| <i>Antenatal</i> | | | |
| Received ante-natal care | 0.639 | Back Pain/lumbago/sciatica | 0.410 |
| <i>First ante-natal was before:</i> | | Fits/convulsions/epilepsy | 0.117 |
| 0-11 weeks | 0.578 | Diabetes | 0.838 |
| 12-13 weeks | 0.346 | Cancer | 0.641 |
| ≥ 14 weeks | 0.988 | Digestive or Bowel disorders | 0.033 |
| Don't know | 0.292 | Diabetes during pregnancy | 0.901 |
| Attended ante-natal classes | 0.311 | <i>Mothers Socioeconomic Status</i> | |
| Received fertility treatment | 0.147 | Working during pregnancy | 0.186 |
| Planned parenthood | 0.651 | Live in house | 0.464 |
| <i>Baby</i> | | | |
| Female | 0.620 | # rooms | 0.376 |
| Birth weight (kg) | 0.664 | Own outright | 0.654 |
| Premature | 0.472 | Rent from Local Authority | 0.491 |
| Length of gestation (days) | 0.439 | Rent from Housing Association | 0.311 |
| Present at birth | | Rent privately | 0.875 |
| Father | 0.638 | Live with parents | 0.647 |
| Mother's friend | 0.448 | Live rent free | 0.074 |
| Grandmother (in law) | 0.374 | Heating | |
| Someone else | 0.439 | Open fire | 0.640 |
| <i>Mothers Demographics</i> | | | |
| Age | 0.708 | Gas/electric fire | 0.601 |
| Expected educ. qual. at age 16 | 0.921 | Central | 0.017 |
| Married | 0.298 | No heating | 0.371 |
| Religion | | Damp or condensation at home | 0.088 |
| No religion | 0.687 | Assets | |
| Catholic | 0.597 | Telephone | 0.205 |
| Protestant | 0.901 | Dishwasher | 0.924 |
| Anglican | 0.991 | Own computer | 0.849 |
| Another type of Christian | 0.896 | Tumble dryer | 0.894 |
| Hindu | 0.972 | Own/access to car | 0.641 |
| Muslim | 0.057 | Noisy Neighbours | |
| Other | 0.908 | Very common | 0.176 |
| Ethnicity | | Fairly common | 0.170 |
| White | 0.492 | Not very common | 0.416 |
| Mixed | 0.128 | Not at all common | 0.352 |
| Indian | 0.483 | Presence of rubbish and litter in the area | |
| Pakistani/Bangladeshi | 0.122 | Very common | 0.760 |
| Black | 0.997 | Fairly common | 0.956 |
| Other | 0.353 | Not very common | 0.836 |
| Mother's Mother is still alive | 0.658 | Not at all common | 0.802 |
| Lived away from home before 17 | 0.521 | Vandalism and damage to property in the area | |
| <i>Mothers Health and Lifestyle</i> | | | |
| Smoked during pregnancy (cig. per day) | 0.522 | Very common | 0.918 |
| Drank during pregnancy | 0.145 | Fairly common | 0.947 |
| Longstanding illness | 0.893 | Not very common | 0.705 |
| Limiting longstanding illness | 0.622 | Not at all common | 0.717 |
| If mother has ever had | | Garden | |
| Migraine | 0.972 | Own garden | 0.254 |
| Hayfever or persistent runny nose | 0.125 | Shared garden | 0.979 |
| Bronchitis | 0.609 | Social Assistance | |
| Asthma | 0.949 | Child Tax Credit | 0.327 |
| Eczema | 0.155 | Working Families Tax Credit | 0.741 |
| | | Income Support | 0.740 |
| | | Jobseekers Allowance | 0.086 |
| | | Housing Benefit | 0.048 |
| | | Council Tax Benefit | 0.056 |
| | | Invalid Care Allowance | 0.529 |

Notes. Each cell reports the P-value of the joint hypothesis that the coefficients of a cubic polynomial in hour are jointly zero in a separate OLS regression in which the dependent variable is listed in the columns titled "Variable". Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care. All variables are dummy variables, with the exception of birth weight, length of gestation, mother's age, smoked during pregnancy and # rooms. Number of observations 5989. Source: Millennium Cohort Study.

Table II.3. Balance by Exposure to weekend

| Variable | p-value | Variable | p-value |
|--|---------|--|---------|
| <i>Antenatal</i> | | Back Pain/lumbago/sciatica | 0.134 |
| Received ante-natal care | 0.541 | Fits/convulsions/epilepsy | 0.021 |
| <i>First ante-natal was before:</i> | | Diabetes | 0.766 |
| 0-11 weeks | 0.843 | Cancer | 0.315 |
| 12-13 weeks | 0.951 | Digestive or Bowel disorders | 0.002 |
| ≥ 14 weeks | 0.789 | Diabetes during pregnancy | 0.796 |
| Don't know | 0.816 | <i>Mothers Socioeconomic Status</i> | |
| Attended ante-natal classes | 0.668 | Working during pregnancy | 0.822 |
| Received fertility treatment | 0.901 | Live in house | 0.847 |
| Planned parenthood | 0.673 | # rooms | 0.645 |
| <i>Baby</i> | | Own outright | 0.813 |
| Female | 0.254 | Rent from Local Authority | 0.291 |
| Birth weight (kg) | 0.803 | Rent from Housing Association | 0.960 |
| Premature | 0.163 | Rent privately | 0.886 |
| Length of gestation (days) | 0.224 | Live with parents | 0.535 |
| Present at birth | | Live rent free | 0.630 |
| Father | 0.903 | Heating | |
| Mother's friend | 0.156 | Open fire | 0.574 |
| Grandmother (in law) | 0.164 | Gas/electric fire | 0.734 |
| Someone else | 0.397 | Central | 0.350 |
| <i>Mothers Demographics</i> | | No heating | 0.846 |
| Age | 0.763 | Damp or condensation at home | 0.180 |
| Expected educ. qual. at age 16 | 0.549 | Assets | |
| Married | 0.214 | Telephone | 0.539 |
| Religion | | Dishwasher | 0.561 |
| No religion | 0.449 | Own computer | 0.477 |
| Catholic | 0.596 | Tumble dryer | 0.441 |
| Protestant | 0.722 | Own/access to car | 0.633 |
| Anglican | 0.959 | Noisy Neighbours | |
| Another type of Christian | 0.991 | Very common | 0.076 |
| Hindu | 0.675 | Fairly common | 0.083 |
| Muslim | 0.283 | Not very common | 0.814 |
| Other | 0.921 | Not at all common | 0.706 |
| Ethnicity | | Presence of rubbish and litter in the area | |
| White | 0.723 | Very common | 0.574 |
| Mixed | 0.029 | Fairly common | 0.798 |
| Indian | 0.479 | Not very common | 0.307 |
| Pakistani/Bangladeshi | 0.231 | Not at all common | 0.670 |
| Black | 0.984 | Vandalism and damage to property in the area | |
| Other | 0.546 | Very common | 0.842 |
| Mother's Mother is still alive | 0.385 | Fairly common | 0.853 |
| Lived away from home before 17 | 0.442 | Not very common | 0.590 |
| <i>Mothers Health and Lifestyle</i> | | Not at all common | 0.777 |
| Smoked during pregnancy (cig per day) | 0.834 | Garden | |
| Drank during pregnancy | 0.645 | Own garden | 0.674 |
| Longstanding illness | 0.667 | Shared garden | 0.896 |
| Limiting longstanding illness | 0.355 | Social Assistance | |
| If mother has ever had | | Child Tax Credit | 0.852 |
| Migraine | 0.946 | Working Families Tax Credit | 0.865 |
| Hayfever or persistent runny nose | 0.029 | Income Support | 0.910 |
| Bronchitis | 0.638 | Jobseekers Allowance | 0.177 |
| Asthma | 0.753 | Housing Benefit | 0.066 |
| Eczema | 0.482 | Council Tax Benefit | 0.049 |
| | | Invalid Care Allowance | 0.445 |

Notes. Each cell reports the P-value of the hypothesis that the coefficient of the exposure to weekend variable (defined in section 6.1) is zero in a separate OLS regression in which the dependent variable is listed in the columns titled "Variable". Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care. All variables are dummy variables, with the exception of birth weight, length of gestation, mother's age, smoked during pregnancy and # rooms. Number of observations 5989. Source: Millennium Cohort Study

Regarding the comparability of essential maternity services, Table II.4 scrutinizes the comparability of delivery (using MCS data) and post-natal services (using MUS data). We observe an extensive set of characteristics, including whether the labor was induced, duration of labor, type of vaginal delivery (normal, forceps etc), type of pain relief used, whether/which complication occurred. The MUS allow us to explore post-natal care variables including whether the baby received a newborn health check and how staff treated the mother, as well as what she thought of the information she received. The values of all of these variables (and other more detailed variables also shown in Table II.4) are markedly similar between weekdays and weekends, and no observed differences are statistically significant at the 5% level.

Table II.4. Balance by day of birth: Hospital-Related variables

| Variable | Fri-Sun | Mon-Thurs | t-stat diff |
|---|---------|-----------|-------------|
| <u>Delivery</u> | | | |
| Labour induced | 0.302 | 0.309 | -0.629 |
| Labour duration (hours) | 8.953 | 8.705 | 0.912 |
| Type Delivery: | | | |
| Normal | 0.900 | 0.903 | -0.387 |
| Forceps | 0.038 | 0.038 | 0.119 |
| Vacuum | 0.065 | 0.063 | 0.405 |
| Other | 0.008 | 0.007 | 0.713 |
| Pain relief: | | | |
| None | 0.099 | 0.107 | -1.036 |
| Gas and air | 0.800 | 0.788 | 1.138 |
| Pethidine | 0.360 | 0.350 | 0.789 |
| Epidural | 0.208 | 0.201 | 0.652 |
| General anaesthetic | 0.003 | 0.002 | 0.836 |
| TENS | 0.073 | 0.072 | 0.117 |
| Other | 0.036 | 0.032 | 0.791 |
| Complication: | | | |
| None | 0.756 | 0.766 | -0.918 |
| Breech | 0.003 | 0.003 | -0.493 |
| Other abnormal | 0.019 | 0.020 | -0.099 |
| Very long labour | 0.049 | 0.047 | 0.482 |
| Very rapid labour | 0.028 | 0.023 | 1.003 |
| Foetal distress (heart) | 0.078 | 0.068 | 1.516 |
| Foetal distress (meconium) | 0.035 | 0.038 | -0.576 |
| Other | 0.081 | 0.077 | 0.587 |
| <u>Postnatal hospital care</u> | | | |
| Had newborn exam before discharge | 0.942 | 0.942 | 0.004 |
| Newborn exam carried out by | | | |
| Doctor vs. Midwife, other or not checked | 0.707 | 0.707 | 0.034 |
| Doctor or Midwife vs. Other or not checked | 0.883 | 0.876 | 0.672 |
| Received enough info about your recovery | 0.853 | 0.872 | -1.939 |
| During postnatal care... | | | |
| Always spoken to in a way that I could understand | 0.728 | 0.726 | 0.163 |
| Always treated with respect | 0.695 | 0.711 | -1.204 |
| Always Treated with kindness | 0.681 | 0.694 | -0.982 |
| Always given the info needed | 0.644 | 0.639 | 0.335 |

Notes. Figures in columns titled "Fri-Sun" and "Mon-Thurs" are sample means of the variable listed under the column titled "Variable". The t-statistic of the difference between the means listed in these two columns is shown under the column titled "t-stat diff". Sample comprises low educated mothers, and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. All variables are dummy variables, with the exception of labour duration. Delivery related variables were collected in the Millennium Cohort Study with 5989 observations. Variables related to postnatal hospital care were collected in the Maternity Users Survey 2007 with 5314 observations.

For the MCS, in which we observe hour of birth, we can also check the relationship between the labor and delivery variables and the continuous variables that we use as exclusion restrictions (third order polynomial in *Hour* and *Exposure* as defined previously) as we did for Tables II.2 and II.3 above. The results, reported in Tables II.5 and II.6 show that the only tests rejected at the 5% level are those of labor inductions and epidural administration. Importantly however, a graphical inspection in Figure II.1 shows that this is not driven by a weekend-weekday difference (consistent with what the statistics in Table II.4 indicate) but rather due to a day-night pattern (inductions are usually started at daytime and associated births tend to occur later in the evening, and induced labors are twice as likely to involve the administration of epidural).¹ In the robustness of section 8.2, we show that our results are robust to excluding labor inductions, as well as controlling for a third order polynomial in time of birth within the day (taking values 0 to 23) as well as for 23 dummy variables for the hour of birth within the day. Note, moreover, that both induced labor and epidurals are very standard medical procedures and it would be difficult to argue that they affect child development (and moreover we control for them in the regressions).

¹ Among women with induced labors, 30% are administered and epidural; this compares to an administration rate of 15% amongst women whose labor is not induced.

Table II.5. Cubic polynomial of hour: Hospital-related variables

| Variable | p-value |
|----------------------------|---------|
| <i>Delivery</i> | |
| Labour induced | 0.000 |
| Labour duration (hours) | 0.336 |
| Type Delivery: | |
| Normal | 0.095 |
| Forceps | 0.318 |
| Vacuum | 0.425 |
| Other | 0.414 |
| Pain relief: | |
| None | 0.187 |
| Gas and air | 0.178 |
| Pethidine | 0.538 |
| Epidural | 0.045 |
| General anaesthetic | 0.593 |
| TENS | 0.928 |
| Other | 0.600 |
| Complication: | |
| None | 0.868 |
| Breech | 0.918 |
| Other abnormal | 0.298 |
| Very long labour | 0.658 |
| Very rapid labour | 0.530 |
| Foetal distress (heart) | 0.547 |
| Foetal distress (meconium) | 0.550 |
| Other | 0.593 |

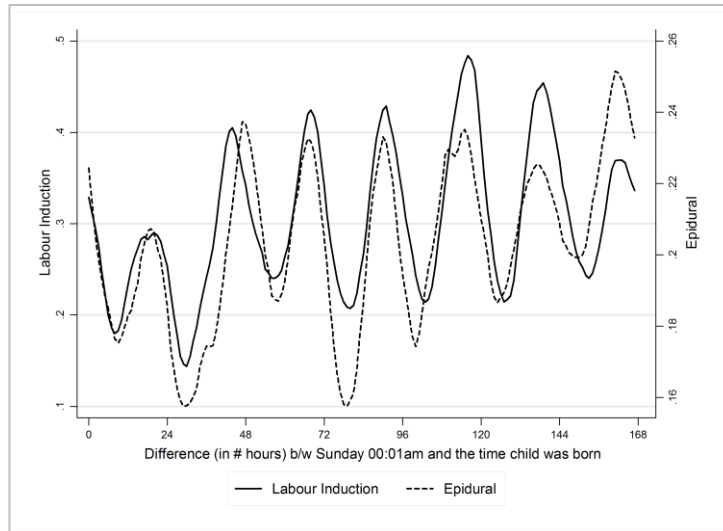
Notes. Each cell reports the P-value of the joint hypothesis that the coefficients of a cubic polynomial in hour are jointly zero in a separate OLS regression in which the dependent variable is listed in the columns titled "Variable". Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care. All variables are dummy variables, with the exception of labour duration. Number of observations 5989. Source: Millennium Cohort Study.

Table II.6. Exposure to weekend: Hospital-related variables

| Variable | p-value |
|----------------------------|---------|
| <i>Delivery</i> | |
| Labour induced | 0.000 |
| Labour duration (hours) | 0.745 |
| Type Delivery: | |
| Normal | 0.249 |
| Forceps | 0.245 |
| Vacuum | 0.674 |
| Other | 0.070 |
| Pain relief: | |
| None | 0.057 |
| Gas and air | 0.548 |
| Pethidine | 0.339 |
| Epidural | 0.113 |
| General anaesthetic | 0.414 |
| TENS | 0.869 |
| Other | 0.329 |
| Complication: | |
| None | 0.772 |
| Breech | 0.685 |
| Other abnormal | 0.497 |
| Very long labour | 0.508 |
| Very rapid labour | 0.369 |
| Foetal distress (heart) | 0.662 |
| Foetal distress (meconium) | 0.229 |
| Other | 0.338 |

Notes. Each cell reports the P-value of the hypothesis that the coefficient of the exposure to weekend variable (defined in section 6.1) is zero in a separate OLS regression in which the dependent variable is listed in the columns titled "Variable". Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care. All variables are dummy variables, with the exception of labour duration. Number of observations 5989. Source: Millennium Cohort Study.

Figure II.1. Labour Induction and Epidural Use During Labour, by Hour of Birth



The horizontal axis shows the hour of birth within the week (0 corresponds to Sunday 00:01-00:59 and 163 to 23:00-23:59 on Saturday), the left vertical axis displays the proportion of deliveries in which labor was induced and the right vertical axis displays the proportion of deliveries for which an epidural was administered. The relation between the proportion of deliveries for which labor was induced (solid line) and the proportion of deliveries for which an epidural was administered (dashed line) was estimated using Kernel regression with a triangular Kernel and bandwidth of 6 for inductions and 9 for epidural. Sample comprises low educated mothers (NVQ level 2 or less, or those with unknown NVQ level but left school before age 17), but excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care. Source: Millennium Cohort Study.

Appendix III: Monte Carlo Simulation

Appendix III. Monte Carlo Simulation

Given our sample and first-stage estimates, what estimates (or bias) should we expect if the true effect of breastfeeding on children's development is zero? And analogously, what should we expect if the true effect is positive? To answer these questions, as well as to investigate the finite sample properties of NTSLS, which is still relatively new in empirical practice, we perform a Monte Carlo simulation. We use our model estimates as well as our sample to define the data generating process so that the results are relevant for our subsequent empirical analysis.

The Data Generating Process (DGP) of the Monte Carlo simulation is specified using the sample and parameter values (both of the first stage and of the outcome equation) that we obtain when we estimate the model with the cognitive index as the outcome variable (Table 5 column 1 if we use *Exposure* as exclusion restriction, and Table 5 column 5 if we use the cubic polynomial in *Hour*). In what follows, we describe the Monte Carlo exercise using *Exposure*, but we also report the results of when we use the cubic polynomial in *Hour*.

The Monte Carlo design keeps the sample of (N=5015) observations, X_i and $Exposure_i$ variables fixed. We carry out seven different Monte Carlo simulations, one for each different value of α_1 : 0, 0.05, 0.10, 0.15, 0.25, 0.35, 0.463 (this latter one corresponds to the one estimated using actual data). The steps below require that we specify a value for ρ , the correlation between the unobservables of the breastfeeding equation and of the cognitive development equation, $(\varepsilon_i, \vartheta_i)$. We define a grid of possible values for ρ , and carry out the steps below for each value of the grid (for ease of notation, we omit the sub index of ρ , α , and the Monte Carlo replica sub index):

Step 1: Estimate the first stage model below using actual data: $Exposure_i$, X_i and B_i (Breastfeeding):

$$\begin{aligned}\hat{B}_i &= \beta_0 + \beta_1 Exposure_i + \beta_2 X_i + \vartheta_i \\ B_i &= 1 \text{ if } \hat{B}_i \geq 0; B_i = 0 \text{ if } \hat{B}_i < 0 ,\end{aligned}$$

The estimates $[\hat{\beta}_0, \hat{\beta}_1, \hat{\beta}_2]$ are saved, to be used in the steps below. Note that this step is independent of the chosen values of α_1 and ρ .

Step 2: Use NTSLS to estimate the parameters of the outcome equation (equation 2) on actual data: $Exposure_i$ or $hour_i$, X_i , B_i (breastfeeding), h_j (hospital fixed effect), Y_{ij} (cognitive index). The estimates $[\hat{\alpha}_0, \hat{\alpha}_1, \hat{\alpha}_2, \hat{h}_j, \hat{\sigma}_\varepsilon^2]$ are saved, to be used in the steps below. The estimate of $[\hat{\alpha}_1]$ is the one reported in Table 5 col. 1 (Table 5 col. 4 if using *Hour*). Note that this step is also independent of the chosen values of α_1 and ρ .

Step 3: Obtain $\{\tilde{\varepsilon}_i, \tilde{\vartheta}_i\}_{i=1}^N$ draws of the bivariate normal distribution with variances $(\sigma_\varepsilon^2, 1)$ and correlation coefficient ρ .

Step 4: Using the parameter values of the first stage Probit model from step 1, $[\hat{\beta}_0, \hat{\beta}_1, \hat{\beta}_2]$, we obtain simulated values for breastfeeding, \tilde{B}_i , as $\tilde{B}_i = 1 [\hat{\beta}_0 + \hat{\beta}_1 Exposure_i + \hat{\beta}_2 X_i + \tilde{\vartheta}_i > 0]$.

Step 5: Using the parameter values of the outcome equation obtained in step 2, $[\hat{\alpha}_0, \hat{\alpha}_2, \hat{h}_j, \hat{\sigma}_\varepsilon^2]$, we obtain simulated values for \tilde{Y}_{ij} as $\tilde{Y}_{ij} = \hat{\alpha}_0 + \alpha_1 \tilde{B}_i + \hat{\alpha}_2 X_i + \hat{h}_j + \tilde{\varepsilon}_i$, where \tilde{B}_i comes from Step 4 and α_1 depends on the specific Monte Carlo simulation ($\alpha_1: 0, 0.05, 0.10, 0.15, 0.25, 0.35, 0.463$).

Step 6: Using the 5015 observations of $Exposure_i$, X_i , and associated simulated values of \tilde{B}_i (from step 4), and \tilde{Y}_{ij} (from step 5), the second stage IV regression (equation 2) is estimated using NTSLS and TSLS to obtain $\bar{\alpha}_1^{NTSLS}$ and $\bar{\alpha}_1^{TSLS}$. The values of $\bar{\alpha}_1^{NTSLS}$, $\bar{\alpha}_1^{TSLS}$ are saved, as well as their estimated standard errors. In this step, we also compute the OLS estimator of equation (2) and save $\bar{\alpha}_1^{OLS}$.

Step 7: Repeat steps 3-6 1,000 times, keeping $Exposure_i$, X_i , h_j , the values of α_1 , ρ , and the parameters from steps 1 and 2 fixed.

The above steps will yield 1,000 values of $\bar{\alpha}_1^{NTSLS}$, $\bar{\alpha}_1^{TSLs}$ and $\bar{\alpha}_1^{OLS}$ for each possible value of the (ρ, α_1) combination. For each value of α_1 , we choose the value of ρ for which the average across the 1000 values of $\bar{\alpha}_1^{OLS}$ is closest to the OLS estimate found in the data (reported in Table 5, cols. 1 and 4). Note that the chosen value of ρ is different depending on the value of α_1 . For the case of $\alpha_1 = 0.463$, Table III.1 compares the descriptive statistics of the cognitive index and breastfeeding in the actual data with those of the simulated data to check that the simulated data replicate the empirical patterns of the actual data.

Table III.1. Monte Carlo: Comparison of Actual and Simulated Data

| | Actual Data | Simulated Data- Exposure to weekend | Simulated Data - Polynomial in hours |
|-----------------|----------------|---|---|
| Cognitive Index | | | |
| Average | 0.0022 | 0.0024 | 0.0024 |
| SD | 0.5562 | 0.5553 | 0.5554 |
| Breastfed | | | |
| Average | 0.2389 | 0.2391 | 0.2390 |

Notes. The first column of the Table reports descriptive statistics for the variables cognitive index and breastfeeding for at least 90 days, for the sample used to estimate the first column of Table 5. The second and third columns report the same descriptive statistics across 1000 Monte Carlo simulations in which the parameters of the Data Generating Process correspond to the ones estimated using Non-Linear Two Stage Least Squares (first row and column of Table 5), using exposure to weekend or the polynomial in hours as exclusion restrictions. The first and second stage equations of the Data Generating Process assume bivariate normality with correlation coefficient chosen so that the average OLS estimate of breastfeeding on the cognitive index across the 1000 Monte Carlo simulations match the OLS estimate reported in the third row and first column of Table 5. Control variables correspond to the same as in Table 5. Source: Millennium Cohort Study.

For each value of α_1 , Table III.2 reports the average, median, and standard deviation (SD) of $\bar{\alpha}_1^{NTSLS}$ and $\bar{\alpha}_1^{TSLs}$ across the 1,000 Monte Carlo samples, as well as the average across the 1,000 estimated standard errors of $\bar{\alpha}_1^{NTSLS}$ and $\bar{\alpha}_1^{TSLs}$. When the true effect of breastfeeding on cognitive development is set to zero ($\alpha_1 = 0$), both the NTSLS and TSLs averages and medians are centered at zero. The difference between the two methods is in the dispersion of the parameter estimates. The SD of $\hat{\alpha}_1$ is three times larger when we use TSLs than NTSLS. Hence, given the parameter estimates of our first stage (which we use to simulate the data), we should expect $\hat{\alpha}_1$ to be close to zero if there is truly no effect of breastfeeding (but dispersion will be much higher

when using TSLS than NTSLs). Similar results (i.e. averages/medians being very close to the true effect but dispersion being much smaller with NTSLs than TSLS) are found for values of α_1 up to 0.15.

**Table III.2. Monte Carlo: Comparison NTSLs vs. TSLS.
Exclusion restriction Exposure to Weekend**

| | True $\alpha_1 = 0$ | | True $\alpha_1 = 0.05$ | | True $\alpha_1 = 0.10$ | | True $\alpha_1 = 0.15$ | |
|---|---------------------|--------|------------------------|-------|------------------------|-------|------------------------|-------|
| | NTSLs | TSLS | NTSLs | TSLS | NTSLs | TSLS | NTSLs | TSLS |
| Average of $\hat{\alpha}_1$ | 0.014 | -0.013 | 0.051 | 0.042 | 0.088 | 0.103 | 0.125 | 0.162 |
| Median of $\hat{\alpha}_1$ | 0.014 | -0.045 | 0.053 | 0.005 | 0.087 | 0.054 | 0.127 | 0.105 |
| SD of $\hat{\alpha}_1$ | 0.145 | 0.660 | 0.145 | 0.643 | 0.144 | 0.670 | 0.144 | 0.663 |
| Average of Standard Error of $\hat{\alpha}_1$ | 0.149 | 0.708 | 0.150 | 0.685 | 0.150 | 0.733 | 0.150 | 0.696 |
| MSE | 0.223 | 0.663 | 0.191 | 0.591 | 0.162 | 0.578 | 0.135 | 0.530 |

| | True $\alpha_1 = 0.25$ | | True $\alpha_1 = 0.35$ | | True $\alpha_1 = 0.463$ | |
|---|------------------------|-------|------------------------|-------|-------------------------|-------|
| | NTSLs | TSLS | NTSLs | TSLS | NTSLs | TSLS |
| Average of $\hat{\alpha}_1$ | 0.198 | 0.282 | 0.280 | 0.374 | 0.362 | 0.509 |
| Median of $\hat{\alpha}_1$ | 0.200 | 0.208 | 0.282 | 0.343 | 0.363 | 0.457 |
| SD of $\hat{\alpha}_1$ | 0.146 | 0.641 | 0.150 | 0.662 | 0.148 | 0.660 |
| Average of Standard Error of $\hat{\alpha}_1$ | 0.149 | 0.676 | 0.149 | 0.719 | 0.148 | 0.731 |
| MSE | 0.092 | 0.443 | 0.056 | 0.445 | 0.032 | 0.437 |

Notes. The first row reports the average across 1000 Monte Carlo simulations of the estimate of breastfeeding for at least 90 days in equation (2). The column heading indicates the effect of breastfeeding as assumed in the Monte Carlo simulations (the value of 0.463 correspond to the one estimated using actual data in Table 5). The rest of the parameters of the Data Generating Process, both first and second stage, including the sample size and control variables correspond to the ones obtained using the cognitive index as dependent variable (Table 5, cognitive index, NTSLs). The error terms of the first and second stage are assumed to be bivariate normal with correlation coefficient chosen so that the average OLS estimate of breastfeeding across 1000 simulations is equal to the one estimated in the actual data (0.057, see Table 5). The estimation method, NTSLs (Non-Linear Two Stage Least Squares) or TSLS (Two Stage Least Squares), is noted in the column heading. The second (third) row corresponds to the median (standard deviation) of the estimate of breastfeeding across the 1000 Monte Carlo simulations. The fourth row reports the average across the 1000 simulations of the estimated standard error of the breastfeeding coefficient. The fifth row reports the Mean Square Error of the breastfeeding coefficient. Source: Millennium Cohort Study.

The columns for values of α_1 ranging from 0.25 to 0.463 show that both TSLS and NTSLs estimators are biased towards zero, with the size of the bias larger for NTSLs (which means that NTSLs are particularly conservative).¹ The larger is α_1 , the larger is the bias (towards zero). This is because the larger α_1 , the further away α_1 is from its OLS estimate of 0.057, and hence the larger the endogeneity (correlation between the error terms of the equations) is. For a given strength of the first stage, the larger the endogeneity is, the worse are the properties of the instrumental variables estimators (Hall, Rudebusch and Wilcox 1996; Shea 1997). Note however that the far smaller dispersion of NTSLs with respect to TSLS is independent of the true value of

¹ Newey (1990) also reports a larger bias with NTSLs than with TSLS even when he uses the prediction obtained with the true Probit model instead of the estimated one as we do.

α_1 . Similar results are obtained using the third order polynomial in *Hour* instead of *Exposure* as exclusion restriction (see Table III.3).

**Table III.3. Monte Carlo: Comparison NTSLS vs. TSLS
Exclusion restriction Polynomial in Hour**

| | True $\alpha_1 = 0$ | | True $\alpha_1 = 0.05$ | | True $\alpha_1 = 0.10$ | | True $\alpha_1 = 0.15$ | |
|---|------------------------|-------|------------------------|-------|-------------------------|-------|------------------------|-------|
| | NTSLS | TSLs | NTSLS | TSLs | NTSLS | TSLs | NTSLS | TSLs |
| Average of $\hat{\alpha}_1$ | 0.020 | 0.007 | 0.056 | 0.050 | 0.093 | 0.096 | 0.130 | 0.140 |
| Median of $\hat{\alpha}_1$ | 0.015 | 0.011 | 0.052 | 0.044 | 0.090 | 0.097 | 0.125 | 0.128 |
| SD of $\hat{\alpha}_1$ | 0.142 | 0.404 | 0.142 | 0.406 | 0.144 | 0.409 | 0.142 | 0.418 |
| Average of Standard Error of $\hat{\alpha}_1$ | 0.142 | 0.414 | 0.142 | 0.415 | 0.143 | 0.418 | 0.143 | 0.421 |
| MSE | 0.206 | 0.361 | 0.176 | 0.326 | 0.149 | 0.294 | 0.123 | 0.271 |
| | True $\alpha_1 = 0.25$ | | True $\alpha_1 = 0.35$ | | True $\alpha_1 = 0.451$ | | | |
| | NTSLS | TSLs | NTSLS | TSLs | NTSLS | TSLs | | |
| Average of $\hat{\alpha}_1$ | 0.207 | 0.227 | 0.277 | 0.316 | 0.351 | 0.414 | | |
| Median of $\hat{\alpha}_1$ | 0.208 | 0.214 | 0.274 | 0.304 | 0.347 | 0.378 | | |
| SD of $\hat{\alpha}_1$ | 0.143 | 0.414 | 0.142 | 0.420 | 0.140 | 0.413 | | |
| Average of Standard Error of $\hat{\alpha}_1$ | 0.142 | 0.418 | 0.142 | 0.418 | 0.141 | 0.417 | | |
| MSE | 0.080 | 0.222 | 0.051 | 0.195 | 0.030 | 0.171 | | |

Notes. The first row reports the average across 1000 Monte Carlo simulations of the estimate of breastfeeding for at least 90 days in equation (2). The column heading indicates the effect of breastfeeding as assumed in the Monte Carlo simulations (the value of 0.451 correspond to the one estimated using actual data in Table 5). The rest of the parameters of the Data Generating Process, both first and second stage, including the sample size and control variables correspond to the ones obtained using the cognitive index as dependent variable (Table 5, cognitive index, NTSLS). The error terms of the first and second stage are assumed to be bivariate normal with correlation coefficient chosen so that the average OLS estimate of breastfeeding across 1000 simulations is equal to the one estimated in the actual data (0.057, see Table 5). The estimation method, NTSLS (Non-Linear Two Stage Least Squares) or TSLs (Two Stage Least Squares), is noted in the column heading. The second (third) row corresponds to the median (standard deviation) of the estimate of breastfeeding across the 1000 Monte Carlo simulations. The fourth row reports the average across the 1000 simulations of the estimated standard error of the breastfeeding coefficient. The fifth row reports the Mean Square Error of the breastfeeding coefficient. Source: Millennium Cohort Study.

It is known that weak instruments might result in the estimated standard errors being too small. However, the Monte Carlo results indicate that this is not a problem in our case. Indeed, the standard errors are correctly estimated (independently of the true value of α_1 , the SD across the $\hat{\alpha}_1$ estimates matches the average estimated standard error of $\hat{\alpha}_1$ across the 1,000 Monte Carlo samples with either NTSLS or TSLs). For the case of *Exposure*, TSLs produces a few very large outlier values of $\bar{\alpha}_1^{TSLs}$ which we eliminate (around 20) when computing Table III.2. This explains why the standard errors of $\bar{\alpha}_1^{TSLs}$ are slightly overestimated. Note that this is not a problem when we use NTSLS, nor when we use the cubic polynomial in *Hour*.

In summary, using our sample and parameter estimates (including our first stage estimates) to simulate data, we find that (1) both NTSLS and TSLs are consistent if the true effect of breastfeeding is relatively small (including zero), (2) both NTSLS

and TSLS are biased towards zero if the true effect is large, (3) the standard errors are correctly estimated. This means that our estimates are conservative and that, if anything, our estimates will be lower bounds. We also find that NTSLS is far more precise than TSLS.

Appendix IV:
An Exercise on
Misclassification Error

Appendix IV. Misclassification Error

In this Appendix we show that a reasonable amount of misclassification error can explain most of the difference between the OLS and IV estimates that we report in columns 1 and 4 of Table 5. Indeed, Figure 1 showed that the breastfeeding durations reported by mothers exhibited very substantial clustering at 30, 60, 90, 120 and 150 days, raising the suspicion of substantial measurement error in the reported duration of breastfeeding which would then lead to misclassification error on whether the child was breastfed for 90 days or not.

We simulate true breastfeeding durations and cognitive index outcomes based on a Data Generating Process that we estimate previously using our data. Then, we purposefully create measurement error in the dummy variable of whether a child has been breastfed for 90 day or not, and analyse its implications for the OLS and IV estimates. Our objective is to simply show that a relatively simple model of misclassification error with reasonable misclassification probabilities, ranging between 0.11 and 0.16, can explain 90% of the difference between the IV and OLS estimates of the effect of breastfeeding on the cognitive index. The steps of the Monte Carlo simulation are the following:

Step 1: Estimate a Poisson model in which the dependent variable is the number of days that the child has been breastfed (denoted by NB) as reported in the data. The conditional mean of the Poisson process is modelled as:

$$E[NB|Exposure, X] = EXP(\beta_0 + \beta_1 Exposure_i + \gamma X_i).$$

The estimates $[\hat{\beta}_0, \hat{\beta}_1, \hat{\gamma}]$ are saved, to be used in the steps below.

Step 2: Use NTSLs to estimate the parameters of the outcome equation (equation 2) on actual data: $Exposure_i$, X_i , B_i (breastfeeding for at least 90 days), hospital fixed effects, h_j , Y_{ij} (cognitive index). The estimates $[\hat{\alpha}_0, \hat{\alpha}_1, \hat{\alpha}_2, \hat{h}_j, \hat{\sigma}_\varepsilon^2]$ are saved to be used in the steps below. Note that the estimates correspond to those in column 1 of Table 5.

Step 3: Obtain $\{\tilde{\varepsilon}_i\}_{i=1}^N$ draws of the normal distribution with variance $\hat{\sigma}_\varepsilon^2$, and $\{\widetilde{NB}_i\}_{i=1}^N$ draws of the Poisson distribution with mean $E[NB|Exposure, X] = EXP(\hat{\beta}_0 + \hat{\beta}_1 Exposure_i + \hat{\gamma}X_i)$.

Step 4: For each individual in the sample, estimate a true breastfeeding binary variable as a function of the duration obtained in Step 3. That is:

$$\tilde{B}_i = 1 \text{ if } \widetilde{NB}_i \geq 90; \tilde{B}_i = 0 \text{ if } \widetilde{NB}_i < 90.$$

Step 5: Using the parameter values of the outcome equation obtained in step 2, $[\hat{\alpha}_0, \hat{\alpha}_1, \hat{\alpha}_2, \hat{h}_j, \hat{\sigma}_\varepsilon^2]$, we obtain simulated values for \tilde{Y}_{ij} as $\tilde{Y}_{ij} = \hat{\alpha}_0 + \hat{\alpha}_1 \tilde{B}_i + \hat{\alpha}_2 X_i + \hat{h}_j + \tilde{\varepsilon}_i$, where \tilde{B}_i (true breastfeeding binary variable) comes from Step 4.

Step 6: Using the true breastfeeding duration, \widetilde{NB}_i , we derive a contaminated breastfeeding variable duration variable, $\overline{\overline{NB}}_i$, according to the following process:

$$\Pr(\overline{\overline{NB}}_i \geq 90 | \widetilde{NB}_i \leq 45) = 0^1$$

$$\Pr(\overline{\overline{NB}}_i = w | 45 < \widetilde{NB}_i \leq 75) = 1/3, w=30, 60, 90$$

$$\Pr(\overline{\overline{NB}}_i = w | 75 < \widetilde{NB}_i \leq 105) = 1/3, w=60, 90, 120$$

$$\Pr(\overline{\overline{NB}}_i = w | 105 < \widetilde{NB}_i \leq 135) = 1/3, w=90, 120, 150$$

$$\Pr(\overline{\overline{NB}}_i < 90 | \widetilde{NB}_i > 135) = 0^2$$

As we will discuss below, this process generates a slightly higher probability of falsely reporting breastfeeding for at least 90 days than falsely reporting breastfeeding for less than 90 days, a feature that we believe plausible, as interviewees might want to be seen to conform to the official recommendations.

Step 7: Using the contaminated breastfeeding duration variable, $\overline{\overline{NB}}_i$, we build a missmeasured binary variable of breastfeeding for at least 90 days, $\overline{\overline{B}}_i$, following

$$\overline{\overline{B}}_i = 0 \text{ if } \overline{\overline{NB}}_i < 90 ; \overline{\overline{B}}_i = 1 \text{ if } \overline{\overline{NB}}_i \geq 90$$

¹ Due to Step 7, we do not need to be specific about the probabilities of contaminated breastfeeding durations as long as it is less than 90 days.

² Due to Step 7, we do not need to be specific about the probabilities of contaminated breastfeeding durations as long as it is 90 days or more.

Step 8: Using actual $Exposure_i$, covariates X_i , hospital dummies, h_j , the cognitive index as obtained in Step 5, \tilde{Y}_{ij} , and the missmeasured binary variable of breastfeeding for at least 90 days, \bar{B}_i , as obtained in Step 6; we estimate the outcome equation (equation 2) using NTSLs, TSLS, and OLS. We save $\bar{\alpha}_1^{NTSLs}$, $\bar{\alpha}_1^{TSLS}$ and $\bar{\alpha}_1^{OLS}$.

Step 9: Repeat steps 3-8 1,000 times, keeping fixed $Exposure_i$, X_i , h_j , and the values of $[\hat{\alpha}_0, \hat{\alpha}_1, \hat{\alpha}_2, \hat{h}_j, \hat{\sigma}_\varepsilon^2]$ and $[\hat{\beta}_0, \hat{\beta}_1, \hat{\gamma}]$ that we estimated from steps 1 and 2.

The above steps will yield 1,000 values of $\bar{\alpha}_1^{NTSLs}$, $\bar{\alpha}_1^{TSLS}$ and $\bar{\alpha}_1^{OLS}$. The results in the first row of Table IV.1 report the average across the 1000 simulations. The averages for the IV estimators (0.482 for NTLs and 0.368 for TSL) compare very well to the true effect (0.463, see col. 1 of Table 5), suggesting that they correct the bias induced by the misclassification error that we specified in Step 6.³ Unlike the IV estimators, the OLS estimator is severely downwards biased. This is interesting because the misclassification probabilities are not that high: $Pr(\bar{B}_i = 0 | \tilde{B}_i = 1) = 0.11$ and $Pr(\bar{B}_i = 1 | \tilde{B}_i = 0) = 0.16$. More generally, what this exercise shows is that the OLS bias might be very sensitive to misclassification probabilities of reasonably size (which might be plausible given the cluster of breastfeeding durations that we report in Figure 1).

³ These IV estimates do not exhibit the bias discussed in Appendix IV because the process that determines the true breastfeeding duration is independent of the error term that determines the cognitive index.

Table IV.1. Monte Carlo: Misclassification Error.
Exclusion restriction: Exposure to Weekend

| | True $\alpha_1 = 0.451$ | | |
|-----------------------------|-------------------------|-------|-------|
| | NTSLS | TSLs | OLS |
| Average of $\hat{\alpha}_1$ | 0.482 | 0.368 | 0.103 |
| Median of $\hat{\alpha}_1$ | 0.481 | 0.326 | 0.103 |
| SD of $\hat{\alpha}_1$ | 0.057 | 0.521 | 0.023 |

Notes. The first row reports the average across 1000 Monte Carlo simulations of the estimate of a missmeasured binary variable of breastfeeding for at least 90 days. The column heading indicates the effect of breastfeeding as assumed in the Monte Carlo simulations (the value of 0.451 correspond to the one estimated using actual data in Table 5). The estimation method, NTSLS (Non-Linear Two Stage Least Squares), TSLs (Two Stage Least Squares) and OLS, is noted in the column heading. The second (third) row corresponds to the median (standard deviation) of the estimate of breastfeeding across the 1000 Monte Carlo simulations. Source: Millennium Cohort Study.

**Appendix V:
Results by Age**

Appendix V. Results by Age

In this appendix, we report results on the effects of breastfeeding on children's development separately by age and measures. This not only provides insight into the magnitude of the effects, but also helps to see where the effects are most concentrated (and whether the index is masking effects at specific ages/for specific subtests). Note that in the tables in this appendix, effects are presented in terms of coefficient estimates, and the mean and standard deviation of the outcome variables are shown in the table for scaling purposes. As before, the tables report the NTSLS estimates along with the TSLS and OLS estimates.

Table V.1 shows estimates of the effects of breastfeeding on cognitive development. As discussed in section 4, measures of cognitive development at age 3 are based on the expressive language component of the British Ability Scales (BAS) and the Bracken School Readiness test; at ages 5 and 7 they are based on different subscales of the British Ability Scales. We find large and significant effects of breastfeeding on various dimensions of cognition of around 65% of a standard deviation in the expressive language score at ages 3 and 5 (the results are very similar regardless of whether we use *Exposure* or the cubic polynomial in *Hour*). Similarly large effects are estimated for school readiness (age 3) and pictorial reasoning and visuo-spatial skills (age 5).

By age 7, the effects are no longer statistically significant at conventional levels. In Appendix VI.2, we show that this is most like due to attrition from the sample over time. Although attrition is balanced according to whether the child was born at the weekend or weekday, it is the relatively poorest children who are more likely to attrit.

Figure V.1 Effect of Breastfeeding on Cognitive Outcomes at Ages 3, 5 and 7 years

| | 3 years | | 5 years | | | 7 years | | |
|--|---------------------|-------------------|---------------------|---------------------|--------------------|--------------------|---------------------|--------------------|
| | Expressive Language | School Readiness | Expressive Language | Pictorial Reasoning | Visuo-Spatial | Numerical | Verbal | Visuo-Spatial |
| <i>Panel A: Exclusion restriction Weekend Exposure</i> | | | | | | | | |
| NTSLS | 11.481* (4.797) | 8.009* (3.466) | 11.608* (4.815) | 5.229 (3.993) | 13.517* (6.641) | 1.143 (1.045) | -12.403 (10.975) | 9.996 (6.004) |
| TSLS | 20.809 (20.420) | 7.438 (11.702) | 20.241 (18.357) | 13.581 (14.690) | 22.198 (24.178) | -0.265 (2.774) | -10.707 (27.692) | -8.870 (16.627) |
| OLS | 1.715** (0.621) | 0.778 (0.452) | 1.223* (0.539) | 0.880* (0.441) | 0.796 (0.723) | 0.316** (0.114) | 1.860 (1.208) | 1.401* (0.681) |
| F statistic | 5.502 | 7.444 | 6.045 | 6.261 | 6.134 | 6.876 | 8.135 | 6.961 |
| P-value | 0.0190 | 0.00639 | 0.0140 | 0.0124 | 0.0133 | 0.00877 | 0.00437 | 0.00836 |
| <i>Panel B: Exclusion restriction Polynomial of Hour</i> | | | | | | | | |
| NTSLS | 11.182* (4.656) | 7.983* (3.359) | 10.235* (4.568) | 5.478 (3.850) | 14.530* (6.330) | 1.132 (0.979) | -9.221 (10.255) | 9.163 (5.623) |
| TSLS | 14.868 (14.090) | 9.483 (9.488) | 5.841 (11.532) | 9.464 (10.224) | 23.297 (16.846) | 0.527 (2.175) | 0.224 (21.483) | -3.189 (12.529) |
| OLS | 1.715** (0.621) | 0.778 (0.452) | 1.223* (0.539) | 0.880* (0.441) | 0.796 (0.723) | 0.316** (0.114) | 1.860 (1.208) | 1.401* (0.681) |
| F statistic | 2.652 | 3.126 | 2.967 | 3.055 | 3.136 | 3.460 | 3.860 | 3.530 |
| P-value | 0.0471 | 0.0248 | 0.0308 | 0.0273 | 0.0244 | 0.0157 | 0.00903 | 0.0142 |
| Mean | 70.38 | 22.19 | 104.1 | 80.24 | 85.43 | 9.126 | 101.1 | 114.0 |
| SD | 17.74 | 12.55 | 15.64 | 11.75 | 19.70 | 2.871 | 30.97 | 16.68 |
| Observations | 4209 | 4001 | 4347 | 4353 | 4331 | 3886 | 3838 | 3870 |

Notes. Each cell reports coefficient of breastfeeding for at least 90 days from separate regressions in which the dependent variable is listed at the top of the column and the estimation method is listed in the left hand column (NTSLS denotes non-linear two-stage least squares; TSLS denotes two-stage least squares; OLS denotes ordinary least squares). Control variables are the same as in Table 4 (with the addition of hospital fixed effects). In panel A the exclusion restriction from the second-stage regressions is Exposure to Weekend while in Panel B is the Cubic polynomial in hour. F statistic and P-value correspond to the null hypothesis that the coefficient on the excluded variable is zero, as estimated from an OLS regression where the dependent variable is breastfeeding for at least 90 days, and controls are as noted already. Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

The poorest children are also the ones who are most likely to benefit from breastfeeding, because they will be receiving fewer parental investments. Hence, the effect of breastfeeding is lower when attrition is higher. To partially correct for this, under the assumption of attrition on observables, in Table V.2 we report the results of the effects of breastfeeding on cognitive development using Inverse Probability Weighting.

Figure V.2. Inverse Probability Weighting. Effect of Breastfeeding on Cognitive Outcomes at Ages 3, 5 and 7 years

| | 3 years | | 5 years | | | 7 years | | |
|--|---------------------|--------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| | Expressive Language | School Readiness | Expressive Language | Pictorial Reasoning | Visuo-Spatial | Numerical | Verbal | Visuo-Spatial |
| <i>Panel A: Exclusion restriction Weekend Exposure</i> | | | | | | | | |
| NTSLS | 11.124** (4.849) | 7.879** (3.507) | 11.197** (5.271) | 4.615 (4.328) | 14.894** (7.281) | 1.181 (1.142) | -15.403 (12.009) | 10.882* (6.547) |
| TOLS | 31.254 (26.547) | 10.178 (13.122) | 24.066 (24.173) | 15.315 (18.287) | 19.199 (29.471) | -0.807 (3.339) | -22.370 (33.628) | -18.033 (22.676) |
| OLS | 1.611** (0.635) | 0.655 (0.451) | 1.330** (0.554) | 0.990** (0.445) | 0.838 (0.736) | 0.321*** (0.116) | 2.234* (1.256) | 1.413** (0.704) |
| F statistic | 4.382 | 6.614 | 4.400 | 4.679 | 4.502 | 5.139 | 6.326 | 5.003 |
| P-value | 0.036 | 0.010 | 0.036 | 0.031 | 0.034 | 0.024 | 0.012 | 0.025 |
| <i>Panel B: Exclusion restriction Polynomial of Hour</i> | | | | | | | | |
| NTSLS | 11.010** (4.770) | 7.836** (3.406) | 9.782** (4.988) | 4.676 (4.152) | 15.650** (6.918) | 1.168 (1.075) | -12.788 (11.216) | 10.351* (6.163) |
| TOLS | 20.741 (17.120) | 10.378 (10.401) | 3.159 (13.250) | 8.484 (11.462) | 21.852 (19.154) | 0.116 (2.556) | -7.431 (24.707) | -7.091 (15.679) |
| OLS | 1.611** (0.635) | 0.655 (0.451) | 1.330** (0.554) | 0.990** (0.445) | 0.838 (0.736) | 0.321*** (0.116) | 2.234* (1.256) | 1.413** (0.704) |
| F statistic | 2.120 | 2.790 | 2.353 | 2.468 | 2.496 | 2.692 | 3.137 | 2.662 |
| P-value | 0.096 | 0.039 | 0.070 | 0.060 | 0.058 | 0.045 | 0.024 | 0.046 |
| Mean | 70.38 | 22.19 | 104.1 | 80.24 | 85.43 | 9.126 | 101.1 | 114.0 |
| SD | 17.74 | 12.55 | 15.64 | 11.75 | 19.70 | 2.871 | 30.97 | 16.68 |
| Observations | 4209 | 4001 | 4347 | 4353 | 4331 | 3886 | 3838 | 3870 |

Notes. Each cell reports coefficient of breastfeeding for at least 90 days from separate regressions in which the dependent variable is listed at the top of the column and the estimation method is listed in the left hand column (NTSLS denotes non-linear two-stage least squares; TOLS denotes two-stage least squares; OLS denotes ordinary least squares). Control variables are the same as in Table 4 (with the addition of hospital fixed effects). In panel A the exclusion restriction from the second-stage regressions is Exposure to Weekend while in Panel B is the Cubic polynomial in hour. F statistic and P-value correspond to the null hypothesis that the coefficient on the excluded variable is zero, as estimated from an OLS regression where the dependent variable is breastfeeding for at least 90 days, and controls are as noted already. Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

We next turn to the effects on children's non-cognitive skills, as measured by the widely used Strengths and Difficulties Questionnaire. Estimates are shown in Table V.3. The effects on this domain are considerably weaker than the effects on cognition: at no age are the effects statically distinguishable from zero at conventional levels.

Figure V.3. Effect of Breastfeeding on Non-Cognitive Outcomes at Ages 3, 5 and 7 years

| | 3 years | 5 years | 7 years |
|--|-------------------------------|-------------------------------|-------------------------------|
| | Strengths and Difficulties | Strengths and Difficulties | Strengths and Difficulties |
| <i>Panel A: Exclusion restriction Weekend Exposure</i> | | | |
| NTSLS | 2.600 (1.585) | 0.098 (1.258) | 1.105 (1.352) |
| TOLS | -2.299 (5.359) | 2.450 (3.558) | 0.929 (3.592) |
| OLS | 0.684** (0.175) | 0.305* (0.136) | 0.511** (0.163) |
| F statistic | 6.314 | 7.097 | 8.490 |
| P-value | 0.0120 | 0.00775 | 0.00359 |
| <i>Panel B: Exclusion restriction Polynomial of Hour</i> | | | |
| NTSLS | 2.179 (1.497) | 0.391 (1.210) | 1.269 (1.260) |
| TOLS | -2.012 (3.873) | 2.768 (2.926) | 2.590 (2.746) |
| OLS | 0.684** (0.175) | 0.305* (0.136) | 0.511** (0.163) |
| F statistic | 3.045 | 3.085 | 4.444 |
| P-value | 0.028 | 0.026 | 0.004 |
| Mean | 24.98 | 23.70 | 24.48 |
| SD | 4.880 | 3.602 | 4.122 |
| Observations | 4126 | 4213 | 3817 |

Notes: Each cell reports coefficient of breastfeeding for at least 90 days from separate regressions in which the dependent variable is listed at the top of the column and the estimation method is listed in the left hand column (NTSLS denotes non-linear two-stage least squares; TOLS denotes two-stage least squares; OLS denotes ordinary least squares). Control variables are the same as in Table 4 (with the addition of hospital fixed effects). In panel A the exclusion restriction from the second-stage regressions is Exposure to Weekend while in Panel B is the Cubic polynomial in hour. Exposure to Weekend is excluded from the second-stage regressions. F statistic and P-value correspond to the null hypothesis that the coefficient on the excluded variable is jointly zero, as estimated from an OLS regression where the dependent variable is breastfeeding for at least 90 days, and controls are as noted already. Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

The final dimension of child development we consider is health, which we additionally observe at wave 1, when the child is approximately 9 months old. Hence, Tables V.4 - V.7 report results for 9 months, 3, 5 and 7 years of age. Our results are in line with those of the randomized trial conducted by Kramer et al. (2001), which found only weak effects on health, as well as Baker, and Milligan (2008).¹ It is also worth stressing that we are unlikely to pick up any health effect of breastfeeding that is present only during the period when the mother breastfeeds the child (and that ceases once breastfeeding discontinues).² This is because 2 out of 3 mothers who breastfed for at least 3 months are not breastfeeding by 9 months, the time when health outcomes are observed.

¹ Clearly, this result is not relevant for developing countries where hygienic conditions are very different and children who are not breastfed are at much higher risk of infection.

² It is plausible that breastfeeding improves health while the child is being breastfed, due to the transmission of the mother's antibodies to the child, protecting him/her from infections, but that this benefit ceases once breastfeeding is discontinued.

Figure V.4. Effect of Breastfeeding on Physical Outcomes at 9 months of age

| | Obesity | Chest infections | Ear infections | Wheezing or asthma | Skin problems | Persistent or severe vomiting | Persistent or severe diarrhoea |
|--|---------------------|-------------------|------------------|--------------------|-------------------|-------------------------------|--------------------------------|
| <i>Panel A: Exclusion restriction Weekend Exposure</i> | | | | | | | |
| NTSLS | -0.072 (0.080) | 0.042 (0.151) | 0.092 (0.095) | -0.089 (0.090) | -0.017 (0.130) | 0.112 (0.092) | 0.035 (0.091) |
| TSLs | 0.383 (0.271) | -0.161 (0.432) | 0.258 (0.298) | 0.378 (0.286) | 0.002 (0.364) | 0.128 (0.253) | -0.099 (0.258) |
| OLS | -0.030** (0.008) | -0.012 (0.015) | 0.005 (0.010) | -0.013 (0.008) | 0.013 (0.013) | -0.001 (0.009) | -0.022* (0.009) |
| F statistic | 8.989 | 8.644 | 8.644 | 8.644 | 8.644 | 8.644 | 8.644 |
| P-value | 0.003 | 0.003 | 0.003 | 0.003 | 0.003 | 0.003 | 0.003 |
| <i>Panel B: Exclusion restriction Polynomial of Hour</i> | | | | | | | |
| NTSLS | -0.073 (0.078) | -0.008 (0.141) | 0.127 (0.091) | -0.077 (0.084) | -0.021 (0.121) | 0.109 (0.087) | 0.026 (0.086) |
| TSLs | 0.251 (0.191) | -0.231 (0.320) | 0.337 (0.222) | 0.107 (0.189) | -0.017 (0.264) | 0.152 (0.190) | -0.065 (0.190) |
| OLS | -0.030** (0.008) | -0.012 (0.015) | 0.005 (0.010) | -0.013 (0.008) | 0.013 (0.013) | -0.001 (0.009) | -0.022* (0.009) |
| F statistic | 4.589 | 4.822 | 4.822 | 4.822 | 4.822 | 4.822 | 4.822 |
| P-value | 0.003 | 0.002 | 0.002 | 0.002 | 0.002 | 0.002 | 0.002 |
| Mean | 0.0647 | 0.291 | 0.0878 | 0.0744 | 0.171 | 0.0696 | 0.0777 |
| SD | 0.246 | 0.454 | 0.283 | 0.262 | 0.377 | 0.254 | 0.268 |
| Observations | 5578 | 5806 | 5806 | 5806 | 5806 | 5806 | 5806 |

Notes. Each cell reports coefficient of breastfeeding for at least 90 days from separate regressions in which the dependent variable is listed at the top of the column and the estimation method is listed in the left hand column (NTSLS denotes non-linear two-stage least squares; TSLs denotes two-stage least squares; OLS denotes ordinary least squares). Control variables are the same as in Table 4 (with the addition of hospital fixed effects). In panel A the exclusion restriction from the second-stage regressions is Exposure to Weekend while in Panel B is the Cubic polynomial in hour. F statistic and P-value correspond to the null hypothesis that the coefficient on the excluded variable is zero, as estimated from an OLS regression where the dependent variable is breastfeeding for at least 90 days, and controls are as noted already. Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

Figure V.5. Physical Outcomes at 3 years of age

| | Obesity | Long standing health condition | Recurring ear infections | Asthma (ever) | Eczema/hayfever (ever) | Wheezing/whistling in chest (ever) |
|--|--------------------|--------------------------------|--------------------------|-------------------|------------------------|------------------------------------|
| <i>Panel A: Exclusion restriction Weekend Exposure</i> | | | | | | |
| NTSLS | -0.159* (0.079) | -0.113 (0.121) | -0.005 (0.088) | -0.220 (0.129) | -0.221 (0.164) | -0.057 (0.156) |
| TOLS | 0.046 (0.280) | -0.724 (0.557) | -0.060 (0.292) | -0.575 (0.472) | -0.070 (0.553) | 0.384 (0.580) |
| OLS | 0.001 -0.01 | -0.011 -0.014 | 0.007 -0.01 | -0.023* -0.012 | -0.022 -0.018 | -0.02 -0.018 |
| F statistic | 5.768 | 5.938 | 6.031 | 6.369 | 5.931 | 5.938 |
| P-value | 0.016 | 0.015 | 0.014 | 0.012 | 0.015 | 0.015 |
| <i>Panel B: Exclusion restriction Polynomial of Hour</i> | | | | | | |
| NTSLS | -0.149* (0.077) | -0.098 (0.114) | 0.010 (0.083) | -0.157 (0.121) | -0.106 (0.154) | -0.037 (0.149) |
| TOLS | 0.030 (0.207) | -0.491 (0.345) | 0.020 (0.198) | -0.047 (0.288) | 0.368 (0.414) | 0.380 (0.408) |
| OLS | 0.001 -0.01 | -0.011 -0.014 | 0.007 -0.01 | -0.023* -0.012 | -0.022 -0.018 | -0.02 -0.018 |
| F statistic | 2.772 | 3.027 | 3.076 | 3.086 | 2.934 | 3.027 |
| P-value | 0.040 | 0.028 | 0.027 | 0.026 | 0.032 | 0.028 |
| Mean | 0.060 | 0.158 | 0.064 | 0.139 | 0.367 | 0.323 |
| SD | 0.237 | 0.365 | 0.245 | 0.346 | 0.482 | 0.468 |
| Observations | 4206 | 4484 | 4481 | 4409 | 4437 | 4484 |

Notes. Each cell reports coefficient of breastfeeding for at least 90 days from separate regressions in which the dependent variable is listed at the top of the column and the estimation method is listed in the left hand column (NTSLS denotes non-linear two-stage least squares; TOLS denotes two-stage least squares; OLS denotes ordinary least squares). Control variables are the same as in Table 4 (with the addition of hospital fixed effects). In panel A the exclusion restriction from the second-stage regressions is Exposure to Weekend while in Panel B is the Cubic polynomial in hour. F statistic and P-value correspond to the null hypothesis that the coefficient on the excluded variable is zero, as estimated from an OLS regression where the dependent variable is breastfeeding for at least 90 days, and controls are as noted already. Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

Figure V.6. Physical Outcomes at 5 years of age

| | Obesity | Excellent health | Long standing health condition | Asthma (ever) | Eczema (ever) | Hayfever (ever) | Wheezing/whistling in chest (ever) |
|--|--------------------|-------------------|--------------------------------|-------------------|-------------------|------------------|------------------------------------|
| <i>Panel A: Exclusion restriction Weekend Exposure</i> | | | | | | | |
| NTSLS | -0.199* (0.093) | 0.016 (0.177) | 0.096 (0.143) | -0.034 (0.136) | -0.060 (0.167) | 0.081 (0.112) | 0.114 (0.165) |
| TSLs | -0.087 (0.281) | -0.143 (0.524) | -0.154 (0.421) | 0.349 (0.417) | -0.081 (0.495) | 0.550 (0.412) | 0.184 (0.485) |
| OLS | -0.018* (0.009) | 0.024 (0.019) | 0.028* (0.016) | 0.000 (0.014) | 0.008 (0.019) | 0.011 (0.013) | -0.020 (0.017) |
| F statistic | 3.135 | 3.412 | 3.409 | 3.353 | 3.505 | 3.093 | 3.429 |
| P-value | 0.025 | 0.017 | 0.017 | 0.018 | 0.015 | 0.026 | 0.016 |
| <i>Panel B: Exclusion restriction Polynomial of Hour</i> | | | | | | | |
| NTSLS | -0.159* (0.087) | 0.002 (0.169) | 0.085 (0.135) | 0.016 (0.130) | 0.028 (0.158) | 0.063 (0.106) | 0.129 (0.158) |
| TSLs | 0.085 (0.196) | -0.163 (0.396) | -0.242 (0.318) | 0.486 (0.332) | 0.467 (0.390) | 0.320 (0.269) | 0.265 (0.370) |
| OLS | -0.018* (0.009) | 0.024 (0.019) | 0.028* (0.016) | 0.000 (0.014) | 0.008 (0.019) | 0.011 (0.013) | -0.020 (0.017) |
| F statistic | 3.135 | 3.412 | 3.409 | 3.353 | 3.505 | 3.093 | 3.429 |
| P-value | 0.025 | 0.017 | 0.017 | 0.018 | 0.015 | 0.026 | 0.016 |
| Mean | 0.062 | 0.478 | 0.194 | 0.169 | 0.329 | 0.106 | 0.302 |
| SD | 0.24 | 0.5 | 0.395 | 0.375 | 0.47 | 0.308 | 0.459 |
| Observations | 4341 | 4396 | 4395 | 4378 | 4392 | 4379 | 4394 |

Notes. Each cell reports coefficient of breastfeeding for at least 90 days from separate regressions in which the dependent variable is listed at the top of the column and the estimation method is listed in the left hand column (NTSLS denotes non-linear two-stage least squares; TSLs denotes two-stage least squares; OLS denotes ordinary least squares). Control variables are the same as in Table 4 (with the addition of hospital fixed effects). In panel A the exclusion restriction from the second-stage regressions is Exposure to Weekend while in Panel B is the Cubic polynomial in hour. F statistic and P-value correspond to the null hypothesis that the coefficient on the excluded variable is zero, as estimated from an OLS regression where the dependent variable is breastfeeding for at least 90 days, and controls are as noted already. Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

Figure V.7. Physical Outcomes at 7 years of age

| | Obesity | Long standing health condition | Asthma (ever) | Eczema (ever) | Hayfever (ever) | Wheezing/whistling in chest (ever) |
|--|-------------------|--------------------------------|-------------------|------------------|------------------|------------------------------------|
| <i>Panel A: Exclusion restriction Weekend Exposure</i> | | | | | | |
| NTSLS | -0.139 (0.107) | -0.111 (0.138) | -0.128 (0.133) | 0.060 (0.162) | 0.145 (0.129) | -0.047 (0.154) |
| TOLS | -0.120 (0.296) | -0.223 (0.370) | 0.368 (0.382) | 0.407 (0.485) | 0.352 (0.367) | 0.368 (0.439) |
| OLS | -0.009 (0.012) | 0.012 (0.016) | -0.006 (0.015) | 0.007 (0.020) | 0.004 (0.015) | -0.005 (0.018) |
| F statistic | 7.263 | 8.099 | 8.178 | 7.745 | 7.351 | 8.069 |
| P-value | 0.007 | 0.004 | 0.004 | 0.005 | 0.007 | 0.005 |
| <i>Panel B: Exclusion restriction Polynomial of Hour</i> | | | | | | |
| NTSLS | -0.105 (0.101) | -0.078 (0.127) | -0.042 (0.123) | 0.131 (0.152) | 0.154 (0.121) | 0.020 (0.143) |
| TOLS | 0.030 (0.224) | -0.042 (0.267) | 0.535* (0.303) | 0.518 (0.364) | 0.275 (0.270) | 0.524 (0.347) |
| OLS | -0.009 (0.012) | 0.012 (0.016) | -0.006 (0.015) | 0.007 (0.020) | 0.004 (0.015) | -0.005 (0.018) |
| F statistic | 3.634 | 4.247 | 4.281 | 4.187 | 3.881 | 4.254 |
| P-value | 0.012 | 0.005 | 0.005 | 0.006 | 0.009 | 0.005 |
| Mean | 0.100 | 0.186 | 0.176 | 0.335 | 0.155 | 0.26 |
| SD | 0.300 | 0.389 | 0.381 | 0.472 | 0.362 | 0.439 |
| Observations | 3893 | 3942 | 3935 | 3939 | 3918 | 3943 |

Notes. Each cell reports coefficient of breastfeeding for at least 90 days from separate regressions in which the dependent variable is listed at the top of the column and the estimation method is listed in the left hand column (NTSLS denotes non-linear two-stage least squares; TOLS denotes two-stage least squares; OLS denotes ordinary least squares). Control variables are the same as in Table 4 (with the addition of hospital fixed effects). In panel A the exclusion restriction from the second-stage regressions is Exposure to Weekend while in Panel B is the Cubic polynomial in hour. F statistic and P-value correspond to the null hypothesis that the coefficient on the excluded variable is zero, as estimated from an OLS regression where the dependent variable is breastfeeding for at least 90 days, and controls are as noted already. Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

Appendix VI:

Attrition

Attrition is known to be non-negligible across cohort studies worldwide. In the US Early Childhood Longitudinal Study-Birth Cohort attrition is around 21% by the time children are aged 3, while attrition is 40% in the Canadian National Longitudinal Survey of Children and Youth by the time children are 4 or 5 years old. In the MCS, a substantial effort is made to reduce attrition and children are followed up in subsequent waves even if they could not be reached in one of them. As a consequence, attrition is a non-absorbing state, and a child can return to the sample after exiting (Figure VI.1 shows the sample flow between waves 1 and 4).

For the purpose of the paper, the most important issue is whether attrition renders our identification strategy invalid. For this, it is necessary to establish whether attriters born at weekends have different characteristics than attriters born on weekdays. *A priori*, it is unlikely to be a problem - attrition is much more likely to be related to parent's mobility and availability than to the day the child was born. In Table VI.1 we show that the difference in the attrition rate of weekday vs. weekend born children is practically zero (ranging between -0.9% and +0.8%). In Tables VI.2, we show that attrition is also uncorrelated with the exclusion restrictions that we use in the analysis: *Exposure* and the cubic polynomial in *Hour*. In Tables VI.3-VI.14 we also check that the observable characteristics of children born at weekends are comparable to those born at weekdays also amongst the non-attriters of each wave (Tables VI.3-VI.11) and amongst those who have non-missing values in the cognitive index (Tables V.12-V.14). We assess this comparability not only by using differences of means across weekend and weekday born children, but also by assessing how these observable characteristics are related to *Exposure* and *Hour* (essentially repeating the balance analysis of Appendix II but for the non-attriters of each wave and for the sample for which the cognitive index is not missing). We conclude that attrition is unrelated to our exclusion restrictions and our identification strategy remains valid for the sample available in each wave.

A different issue from the one discussed in the previous paragraph is whether the effects that we have estimated are also valid for the sample that has attrited. This would only be so if attrition was random, which is unlikely to be the case. In Table VI.15, we compare the characteristics of attriters (=1 if attrit in at least one wave; 0 if never attrit) with the characteristics of non-attriters. Those who attrit are less likely to attend antenatal classes, and more likely to have received their first prenatal check-up relatively later on in their pregnancy. They are also a little worse off (less likely to have attained the expected

qualification at age 16, less likely to own certain assets, etc). If one believes that they are the families for whom breastfeeding represents a relatively more important input (as they may make fewer other investments compared to others) and thus most likely to benefit from breastfeeding on the margin, then this pattern would lead our estimates of the effects of breastfeeding to be downward-biased. This pattern of attrition is likely to explain our results in Table V.1 of Appendix V: the effects of breastfeeding at 7 years of age are smaller than at ages 3 and 5 (attrition is substantially higher at 7 years of age than at 3 or 5 years of age). To corroborate this further, Table VI.16 shows that the effects of breastfeeding at age 5 are smaller in the sample available at age 7 than in the sample available at age 5. For instance, the effect of breastfeeding on expressive language is 11.6 for the entire sample available at age 5 but only 6.0 for the sample available at age 7 (first row of Table VI.16).

VI. 1. Difference in Attrition Rates between Weekend and Weekday Born

| | Attrition = overall cognitive and non-cognitive indices missing | Attrition = cognitive and non-cognitive indices missing in wave 2 | Attrition = cognitive and non-cognitive indices missing in wave 3 | Attrition = cognitive and non-cognitive indices missing in wave 4 |
|---|---|---|---|---|
| Panel A: Without Control Variables | | | | |
| Fri-Sun | 0.0081 (0.009) | 0.0060 (0.011) | -0.0014 (0.011) | -0.0099 (0.012) |
| Attrition rate | 0.128 | 0.234 | 0.244 | 0.319 |
| Panel B: With Control Variables | | | | |
| Fri-Sun | 0.0096 (0.009) | 0.0086 (0.011) | 0.0000 (0.011) | -0.0091 (0.012) |

Notes. Panel A: the top cell reports the coefficient from separate OLS regressions of a dependent variable that takes value 1 if the child has attrited (as defined in the heading of each column) and 0 otherwise on a dummy variable that takes value 1 if the child is born during weekend (from Friday to Sunday). The bottom cell of Panel A reports the average attrition (as defined in the heading of each column) rate. Panel B reports the same coefficients as the top cell of Panel A but including other control variables (as in Table 4) in the OLS regressions. Sample comprises low educated mothers (NVQ level 2 or less, or those whose NVQ level is unknown but left school before 17), but excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

VI. 2. Relation between Attrition and the Exclusion Restrictions

| | Attrition = overall cognitive and non-cognitive indices missing | Attrition = cognitive and non-cognitive indices missing in wave 2 | Attrition = cognitive and non-cognitive indices missing in wave 3 | Attrition = cognitive and non-cognitive indices missing in wave 4 |
|---|---|---|---|---|
| Panel A: Without Control Variables | | | | |
| (a) Exposure to Weekend | 0.0122 (0.011) | 0.0040 (0.014) | -0.0074 (0.014) | -0.0109 (0.015) |
| (b) Polynomial in Hour | | | | |
| hour | 0.0005 (0.001) | 0.0019 (0.001) | 0.0003 (0.001) | 0.0009 (0.001) |
| hour ² | -0.0000 (0.000) | -0.0000 (0.000) | -0.0000 (0.000) | -0.0000 (0.000) |
| hour ³ | 0.0000 (0.000) | 0.0000 (0.000) | 0.0000 (0.000) | 0.0000 (0.000) |
| P-value Joint | 0.469 | 0.157 | 0.913 | 0.848 |
| Panel B: With Control Variables | | | | |
| (a) Exposure to Weekend | 0.0174 (0.011) | 0.0095 (0.014) | -0.0043 (0.014) | -0.0068 (0.015) |
| (b) Polynomial in Hour | | | | |
| hour | 0.0002 (0.001) | 0.0016 (0.001) | -0.0000 (0.001) | 0.0005 (0.001) |
| hour ² | -0.0000 (0.000) | -0.0000 (0.000) | -0.0000 (0.000) | -0.0000 (0.000) |
| hour ³ | 0.0000 (0.000) | 0.0000 (0.000) | 0.0000 (0.000) | 0.0000 (0.000) |
| P-value Joint | 0.343 | 0.186 | 0.972 | 0.892 |

Notes. Panel A: the top cell reports the coefficient from separate OLS regressions of a dependent variable that takes value 1 if the child has attrited (as defined in the heading of each column) and 0 otherwise on (a) exposure to weekend or (b) cubic polynomial in hour. Panel B reports the same coefficients as the top cell of Panel A but including other control variables (as in Table 4) in the OLS regressions. Sample comprises low educated mothers (NVQ level 2 or less, or those whose NVQ level is unknown but left school before 17), but excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

Table VI.3 Balance by Day of Birth. Subsample for not attrited in MCS2

| Variable | Fri-Sun | Mon-Thurs | t-stat | diff | Variable | Fri-Sun | Mon-Thurs | t-stat | diff | Variable | Fri-Sun | Mon-Thurs | t-stat | diff |
|------------------------------|---------|-----------|--------|------|---|---------|-----------|--------|------|----------------------------------|---------|-----------|--------|------|
| Antenatal | | | | | Someone else | 0.108 | 0.113 | -0.619 | | Own outright | 0.030 | 0.026 | 0.731 | |
| Received ante-natal care | 0.950 | 0.957 | -1.207 | | Mothers Demographics | | | | | Rent from Local Authority | 0.279 | 0.279 | -0.021 | |
| First ante-natal was before: | | | | | Mother's age | 26.727 | 26.812 | -0.468 | | Rent from Housing Association | 0.097 | 0.101 | -0.472 | |
| 0-11 weeks | 0.420 | 0.397 | 1.529 | | Expected qualification at age 16 | 0.591 | 0.585 | 0.354 | | Rent privately | 0.099 | 0.083 | 1.889 | |
| 12-13 weeks | 0.327 | 0.342 | -1.110 | | Married | 0.463 | 0.471 | -0.505 | | Live with parents | 0.057 | 0.052 | 0.797 | |
| ≥ 14 weeks | 0.178 | 0.190 | -1.044 | | Religion | | | | | Live rent free | 0.013 | 0.017 | -1.064 | |
| Don't know | 0.026 | 0.028 | -0.494 | | No religion | 0.557 | 0.545 | 0.799 | | Heating | | | | |
| Attended ante-natal classes | 0.251 | 0.241 | 0.799 | | Catholic | 0.072 | 0.077 | -0.612 | | Open fire | 0.036 | 0.034 | 0.418 | |
| Received fertility treatment | 0.013 | 0.018 | -1.320 | | Protestant | 0.027 | 0.029 | -0.397 | | Gas/electric fire | 0.307 | 0.302 | 0.374 | |
| Planned parenthood | 0.468 | 0.467 | 0.072 | | Anglican | 0.162 | 0.156 | 0.509 | | Central | 0.878 | 0.901 | -2.427 | |
| Delivery | | | | | Another type of Christian | 0.066 | 0.067 | -0.113 | | No heating | 0.011 | 0.009 | 0.902 | |
| Labour induced | 0.300 | 0.310 | -0.686 | | Hindu | 0.011 | 0.012 | -0.210 | | Damp or condensation at home | 0.156 | 0.165 | -0.850 | |
| Labour duration (hours) | 8.852 | 8.634 | 0.694 | | Muslim | 0.092 | 0.103 | -1.260 | | Assets | | | | |
| Type Delivery: | | | | | Other | 0.011 | 0.009 | 0.642 | | Telephone | 0.952 | 0.943 | 1.272 | |
| Normal | 0.900 | 0.897 | 0.300 | | Ethnicity | | | | | Dishwasher | 0.211 | 0.210 | 0.057 | |
| Forceps | 0.040 | 0.038 | 0.303 | | White | 0.858 | 0.854 | 0.457 | | Own computer | 0.411 | 0.405 | 0.397 | |
| Vacuum | 0.065 | 0.066 | -0.057 | | Mixed | 0.012 | 0.011 | 0.586 | | Tumble dryer | 0.602 | 0.604 | -0.159 | |
| Other | 0.009 | 0.009 | 0.044 | | Indian | 0.022 | 0.021 | 0.151 | | Own/access to car | 0.761 | 0.740 | 1.671 | |
| Pain relief: | | | | | Pakistani/Bangladeshi | 0.073 | 0.082 | -1.143 | | Noisy Neighbours | | | | |
| None | 0.098 | 0.106 | -0.801 | | Black | 0.025 | 0.023 | 0.410 | | Very common | 0.086 | 0.083 | 0.395 | |
| Gas and air | 0.806 | 0.790 | 1.342 | | Other | 0.009 | 0.009 | -0.033 | | Fairly common | 0.128 | 0.116 | 1.236 | |
| Pethidine | 0.364 | 0.357 | 0.482 | | Mother's Mother is still alive | 0.935 | 0.930 | 0.730 | | Not very common | 0.396 | 0.413 | -1.181 | |
| Epidural | 0.199 | 0.199 | -0.060 | | Lived away from home before 17 | 0.188 | 0.204 | -1.389 | | Not at all common | 0.390 | 0.388 | 0.129 | |
| General anaesthetic | 0.003 | 0.003 | 0.289 | | Mothers Health and Lifestyle | | | | | Rubbish and litter in the area | | | | |
| TENS | 0.081 | 0.078 | 0.396 | | Smoked during pregnancy (avg. cig. per day) | 3.552 | 3.659 | -0.584 | | Very common | 0.150 | 0.149 | 0.034 | |
| Other | 0.039 | 0.032 | 1.145 | | Drank during pregnancy | 0.262 | 0.260 | 0.170 | | Fairly common | 0.212 | 0.220 | -0.577 | |
| Complication: | | | | | Longstanding illness | 0.210 | 0.218 | -0.613 | | Not very common | 0.375 | 0.370 | 0.341 | |
| None | 0.748 | 0.754 | -0.488 | | Limiting longstanding illness | 0.110 | 0.098 | 1.327 | | Not at all common | 0.263 | 0.261 | 0.137 | |
| Breech | 0.020 | 0.021 | -0.129 | | If mother has ever had | | | | | Vandalism and damage to property | | | | |
| Other abnormal | 0.003 | 0.004 | -0.916 | | Migraine | 0.225 | 0.227 | -0.171 | | Very common | 0.113 | 0.101 | 1.269 | |
| Very long labour | 0.050 | 0.047 | 0.341 | | Hayfever or persistent runny nose | 0.226 | 0.251 | -2.026 | | Fairly common | 0.149 | 0.166 | -1.552 | |
| Very rapid labour | 0.032 | 0.025 | 1.261 | | Bronchitis | 0.077 | 0.073 | 0.507 | | Not very common | 0.413 | 0.400 | 0.888 | |
| Foetal distress (heart) | 0.080 | 0.074 | 0.746 | | Asthma | 0.173 | 0.182 | -0.837 | | Not at all common | 0.324 | 0.332 | -0.568 | |
| Foetal distress (meconium) | 0.036 | 0.042 | -1.067 | | Eczema | 0.176 | 0.186 | -0.856 | | Garden | | | | |
| Other | 0.081 | 0.077 | 0.540 | | Back Pain/lumbago/sciatica | 0.205 | 0.221 | -1.229 | | Own garden | 0.833 | 0.841 | -0.768 | |
| Baby | | | | | Fits/convulsions/epilepsy | 0.020 | 0.028 | -1.829 | | Shared garden | 0.044 | 0.035 | 1.455 | |
| Female | 0.519 | 0.493 | 1.687 | | Diabetes | 0.012 | 0.012 | -0.163 | | Social Assistance | | | | |
| Birth weight (kg) | 3.372 | 3.360 | 0.830 | | Cancer | 0.008 | 0.012 | -1.280 | | Child Tax Credit | 0.137 | 0.139 | -0.228 | |
| Premature | 0.047 | 0.043 | 0.644 | | Digestive or Bowel disorders | 0.072 | 0.082 | -1.240 | | Working Families Tax Credit | 0.273 | 0.250 | 0.813 | |
| Length of gestation (days) | 278.9 | 279.5 | -1.9 | | Diabetes during pregnancy (only) | 0.008 | 0.009 | -0.276 | | Income Support | 0.261 | 0.273 | -0.531 | |
| Present at birth | | | | | Mothers Socioeconomic Status | | | | | Jobseekers Allowance | 0.042 | 0.046 | -0.720 | |
| Father | 0.810 | 0.801 | 0.691 | | Working during pregnancy | 0.521 | 0.536 | -0.999 | | Housing Benefit | 0.245 | 0.239 | 0.498 | |
| Mother's friend | 0.039 | 0.050 | -1.853 | | Live in house | 0.837 | 0.845 | -0.695 | | Council Tax Benefit | 0.233 | 0.220 | 1.032 | |
| Grandmother (in law) | 0.259 | 0.232 | 2.131 | | # rooms | 5.051 | 5.080 | -0.717 | | Invalid Care Allowance | 0.016 | 0.015 | 0.023 | |

Notes: Figures in columns titled "Fri-Sun" and "Mon-Thurs" are sample means of the variable listed under the column titled "Variable". The t-statistic of the difference between the means listed in these two columns is shown under the column titled "t-stat diff". Sample comprises low educated mothers (NVQ level 2 or less, or those whose NVQ level is unknown but left school before 17), but excludes children born through caesarean sections (either emergency or planned), children placed in intensive care and attriters from MCS2. Attrition variable is defined as equal to one if all the developmental variables have missing values. All variables are dummy variables except for labour duration, birth weight, length of gestation, mother's age and # rooms. Number of observations 4585. Source: Millennium Cohort Study.

Table VI.4 Balance by Day of Birth. Subsample for not attrited in MCS3

| Variable | Fri-Sun | Mon-Thurs | t-stat diff | Variable | Fri-Sun | Mon-Thurs | t-stat diff | Variable | Fri-Sun | Mon-Thurs | t-stat diff |
|------------------------------|---------|-----------|-------------|---|---------|-----------|-------------|----------------------------------|---------|-----------|-------------|
| Antenatal | | | | Someone else | | | | Own outright | | | |
| Received ante-natal care | 0.950 | 0.961 | -1.610 | Mothers Demographics | | | | Rent from Local Authority | 0.027 | 0.025 | 0.539 |
| First ante-natal was before: | | | | Mother's age | 26.671 | 26.857 | -1.023 | Rent from Housing Association | 0.283 | 0.274 | 0.661 |
| 0-11 weeks | 0.413 | 0.403 | 0.653 | Expected qualification at age 16 | 0.578 | 0.590 | -0.792 | Rent privately | 0.099 | 0.104 | -0.572 |
| 12-13 weeks | 0.330 | 0.339 | -0.677 | Married | 0.463 | 0.474 | -0.686 | Live with parents | 0.057 | 0.054 | 0.348 |
| ≥ 14 weeks | 0.181 | 0.190 | -0.790 | Religion | | | | Live rent free | 0.015 | 0.018 | -0.904 |
| Don't know | 0.027 | 0.028 | -0.177 | No religion | | | | Heating | | | |
| Attended ante-natal classes | 0.247 | 0.254 | -0.500 | Catholic | 0.552 | 0.539 | 0.888 | Open fire | 0.037 | 0.035 | 0.380 |
| Received fertility treatment | 0.011 | 0.018 | -1.743 | Protestant | 0.030 | 0.030 | -0.009 | Gas/electric fire | 0.306 | 0.295 | 0.760 |
| Planned parenthood | 0.460 | 0.459 | 0.109 | Anglican | 0.163 | 0.154 | 0.743 | Central | 0.873 | 0.903 | -3.202 |
| Delivery | | | | Another type of Christian | 0.060 | 0.067 | -1.026 | No heating | 0.012 | 0.009 | 1.028 |
| Labour induced | 0.306 | 0.303 | 0.208 | Hindu | 0.013 | 0.010 | 0.823 | Damp or condensation at home | 0.161 | 0.170 | -0.822 |
| Labour duration (hours) | 8.893 | 8.747 | 0.463 | Muslim | 0.095 | 0.109 | -1.585 | Assets | | | |
| Type Delivery: | | | | Other | 0.011 | 0.011 | 0.111 | Telephone | 0.950 | 0.948 | 0.314 |
| Normal | 0.901 | 0.900 | 0.072 | Ethnicity | | | | Dishwasher | 0.208 | 0.207 | 0.102 |
| Forceps | 0.038 | 0.037 | 0.150 | White | 0.851 | 0.847 | 0.348 | Own computer | 0.411 | 0.406 | 0.335 |
| Vacuum | 0.064 | 0.066 | -0.195 | Mixed | 0.014 | 0.007 | 2.014 | Tumble dryer | 0.598 | 0.601 | -0.203 |
| Other | 0.009 | 0.007 | 0.908 | Indian | 0.020 | 0.022 | -0.344 | Own/access to car | 0.759 | 0.738 | 1.616 |
| Pain relief: | | | | Pakistani/Bangladeshi | 0.076 | 0.085 | -1.085 | Noisy Neighbours | | | |
| None | 0.101 | 0.105 | -0.523 | Black | 0.026 | 0.029 | -0.539 | Very common | 0.088 | 0.084 | 0.482 |
| Gas and air | 0.803 | 0.788 | 1.260 | Other | 0.013 | 0.010 | 0.928 | Fairly common | 0.132 | 0.111 | 2.218 |
| Pethidine | 0.367 | 0.351 | 1.078 | Mother's Mother is still alive | 0.931 | 0.931 | 0.021 | Not very common | 0.393 | 0.411 | -1.273 |
| Epidural | 0.203 | 0.200 | 0.302 | Lived away from home before 17 | 0.198 | 0.207 | -0.678 | Not at all common | 0.387 | 0.394 | -0.493 |
| General anaesthetic | 0.002 | 0.002 | 0.125 | Mothers Health and Lifestyle | | | | Rubbish and litter in the area | | | |
| TENS | 0.079 | 0.081 | -0.246 | Smoked during pregnancy (avg. cig. per day) | 3.553 | 3.594 | -0.220 | Very common | 0.150 | 0.143 | 0.671 |
| Other | 0.039 | 0.034 | 0.860 | Drank during pregnancy | 0.250 | 0.254 | -0.368 | Fairly common | 0.218 | 0.224 | -0.447 |
| Complication: | | | | Longstanding illness | 0.208 | 0.212 | -0.294 | Not very common | 0.377 | 0.374 | 0.217 |
| None | 0.752 | 0.764 | -0.903 | Limiting longstanding illness | 0.110 | 0.096 | 1.590 | Not at all common | 0.255 | 0.259 | -0.360 |
| Breech | 0.019 | 0.018 | 0.217 | If mother has ever had | | | | Vandalism and damage to property | | | |
| Other abnormal | 0.002 | 0.003 | -0.880 | Migraine | 0.227 | 0.227 | -0.011 | Very common | 0.113 | 0.106 | 0.770 |
| Very long labour | 0.049 | 0.045 | 0.590 | Hayfever or persistent runny nose | 0.226 | 0.245 | -1.508 | Fairly common | 0.148 | 0.155 | -0.676 |
| Very rapid labour | 0.031 | 0.026 | 1.012 | Bronchitis | 0.076 | 0.076 | 0.024 | Not very common | 0.415 | 0.406 | 0.576 |
| Foetal distress (heart) | 0.082 | 0.070 | 1.411 | Asthma | 0.174 | 0.179 | -0.511 | Not at all common | 0.324 | 0.333 | -0.601 |
| Foetal distress (meconium) | 0.034 | 0.039 | -0.929 | Eczema | 0.178 | 0.187 | -0.787 | Garden | | | |
| Other | 0.079 | 0.079 | -0.013 | Back Pain/lumbago/sciatica | 0.212 | 0.220 | -0.676 | Own garden | 0.826 | 0.834 | -0.720 |
| Baby | | | | Fits/convulsions/epilepsy | 0.020 | 0.028 | -1.882 | Shared garden | 0.043 | 0.041 | 0.224 |
| Female | 0.510 | 0.491 | 1.227 | Diabetes | 0.012 | 0.011 | 0.392 | Social Assistance | | | |
| Birth weight (kg) | 3.367 | 3.362 | 0.367 | Cancer | 0.006 | 0.012 | -2.023 | Child Tax Credit | 0.260 | 0.244 | 1.264 |
| Premature | 0.047 | 0.041 | 0.953 | Digestive or Bowel disorders | 0.067 | 0.088 | -2.622 | Working Families Tax Credit | 0.279 | 0.278 | 0.050 |
| Length of gestation (days) | 278.9 | 279.5 | -1.8 | Diabetes during pregnancy (only) | 0.009 | 0.007 | 0.729 | Income Support | 0.041 | 0.046 | -0.843 |
| Present at birth | | | | Mothers Socioeconomic Status | | | | Jobseekers Allowance | 0.247 | 0.239 | 0.656 |
| Father | 0.806 | 0.803 | 0.291 | Working during pregnancy | 0.513 | 0.539 | -1.692 | Housing Benefit | 0.235 | 0.220 | 1.177 |
| Mother's friend | 0.043 | 0.048 | -0.829 | Live in house | 0.827 | 0.838 | -0.938 | Council Tax Benefit | 0.014 | 0.014 | 0.081 |
| Grandmother (in law) | 0.259 | 0.231 | 2.156 | # rooms | 5.019 | 5.078 | -1.444 | Invalid Care Allowance | | | |

Notes. Figures in columns titled "Fri-Sun" and "Mon-Thurs" are sample means of the variable listed under the column titled "Variable". The t-statistic of the difference between the means listed in these two columns is shown under the column titled "t-stat diff". Sample comprises low educated mothers (NVQ level 2 or less, or those whose NVQ level is unknown but left school before 17), but excludes children born through caesarean sections (either emergency or planned), children placed in intensive care and attriters from MCS3. Attrition variable is defined as equal to one if all the developmental variables have missing values. All variables are dummy variables except for labour duration, birth weight, length of gestation, mother's age and # rooms. Number of observations 4529. Source: Millennium Cohort Study.

Table VI.5 Balance by Day of Birth. Subsample for not attrited in MCS4

| Variable | Fri-Sun | Mon-Thurs | t-stat diff | Variable | Fri-Sun | Mon-Thurs | t-stat diff | Variable | Fri-Sun | Mon-Thurs | t-stat diff |
|------------------------------|---------|-----------|-------------|---|---------|-----------|-------------|----------------------------------|---------|-----------|-------------|
| Antenatal | | | | Someone else | | | | Own outright | 0.029 | 0.023 | 1.216 |
| Received ante-natal care | 0.953 | 0.962 | -1.476 | Mothers Demographics | 0.106 | 0.110 | -0.393 | Rent from Local Authority | 0.268 | 0.270 | -0.186 |
| First ante-natal was before: | | | | Mother's age | 26.768 | 26.951 | -0.955 | Rent from Housing Association | 0.099 | 0.101 | -0.164 |
| 0-11 weeks | 0.418 | 0.402 | 1.061 | Expected qualification at age 16 | 0.589 | 0.598 | -0.592 | Rent privately | 0.103 | 0.092 | 1.200 |
| 12-13 weeks | 0.330 | 0.344 | -0.949 | Married | 0.468 | 0.481 | -0.835 | Live with parents | 0.056 | 0.050 | 0.860 |
| ≥ 14 weeks | 0.178 | 0.188 | -0.794 | Religion | | | | Live rent free | 0.013 | 0.017 | -1.073 |
| Don't know | 0.027 | 0.029 | -0.401 | No religion | 0.543 | 0.541 | 0.173 | Heating | | | |
| Attended ante-natal classes | 0.253 | 0.256 | -0.200 | Catholic | 0.071 | 0.076 | -0.595 | Open fire | 0.036 | 0.037 | -0.198 |
| Received fertility treatment | 0.012 | 0.018 | -1.657 | Protestant | 0.032 | 0.031 | 0.144 | Gas/electric fire | 0.308 | 0.295 | 0.916 |
| Planned parenthood | 0.469 | 0.468 | 0.068 | Anglican | 0.172 | 0.160 | 1.046 | Central | 0.882 | 0.899 | -1.749 |
| Delivery | | | | Another type of Christian | 0.062 | 0.065 | -0.441 | No heating | 0.011 | 0.011 | 0.239 |
| Labour induced | 0.304 | 0.313 | -0.647 | Hindu | 0.010 | 0.011 | -0.240 | Damp or condensation at home | 0.160 | 0.168 | -0.691 |
| Labour duration (hours) | 8.912 | 8.583 | 1.011 | Muslim | 0.098 | 0.104 | -0.661 | Assets | | | |
| Type Delivery: | | | | Other | 0.011 | 0.012 | -0.143 | Telephone | 0.953 | 0.953 | 0.077 |
| Normal | 0.899 | 0.901 | -0.236 | Ethnicity | | | | Dishwasher | 0.210 | 0.211 | -0.097 |
| Forceps | 0.039 | 0.037 | 0.301 | White | 0.856 | 0.853 | 0.256 | Own computer | 0.416 | 0.414 | 0.122 |
| Vacuum | 0.064 | 0.065 | -0.091 | Mixed | 0.011 | 0.006 | 1.510 | Tumble dryer | 0.592 | 0.608 | -1.075 |
| Other | 0.010 | 0.007 | 1.003 | Indian | 0.022 | 0.020 | 0.387 | Own/access to car | 0.760 | 0.748 | 0.877 |
| Pain relief: | | | | Pakistani/Bangladeshi | 0.078 | 0.083 | -0.500 | Noisy Neighbours | | | |
| None | 0.102 | 0.105 | -0.367 | Black | 0.024 | 0.028 | -0.928 | Very common | 0.084 | 0.083 | 0.139 |
| Gas and air | 0.800 | 0.788 | 0.924 | Other | 0.009 | 0.009 | -0.067 | Fairly common | 0.130 | 0.111 | 1.837 |
| Pethidine | 0.366 | 0.351 | 0.964 | Mother's Mother is still alive | 0.933 | 0.936 | -0.378 | Not very common | 0.385 | 0.411 | -1.667 |
| Epidural | 0.202 | 0.200 | 0.149 | Lived away from home before 17 | 0.195 | 0.195 | 0.000 | Not at all common | 0.401 | 0.395 | 0.358 |
| General anaesthetic | 0.002 | 0.003 | -0.173 | Mothers Health and Lifestyle | | | | Rubbish and litter in the area | 0.147 | 0.139 | 0.722 |
| TENS | 0.082 | 0.081 | 0.102 | Smoked during pregnancy (avg. cig. per day) | 3.432 | 3.431 | 0.010 | Very common | 0.214 | 0.227 | -1.029 |
| Other | 0.039 | 0.036 | 0.520 | Drank during pregnancy | 0.255 | 0.254 | 0.093 | Fairly common | 0.379 | 0.369 | 0.638 |
| Complication: | | | | Longstanding illness | 0.208 | 0.216 | -0.638 | Not very common | 0.260 | 0.264 | -0.310 |
| None | 0.753 | 0.760 | -0.517 | Limiting longstanding illness | 0.105 | 0.097 | 0.816 | Vandalism and damage to property | | | |
| Breech | 0.019 | 0.021 | -0.359 | If mother has ever had | 0.224 | 0.231 | -0.492 | Very common | 0.112 | 0.107 | 0.459 |
| Other abnormal | 0.002 | 0.003 | -0.675 | Migraine | 0.221 | 0.242 | -1.616 | Fairly common | 0.146 | 0.161 | -1.272 |
| Very long labour | 0.049 | 0.041 | 1.109 | Hayfever or persistent runny nose | 0.074 | 0.073 | 0.169 | Not very common | 0.417 | 0.398 | 1.254 |
| Very rapid labour | 0.030 | 0.027 | 0.659 | Bronchitis | 0.174 | 0.178 | -0.358 | Not at all common | 0.325 | 0.334 | -0.644 |
| Foetal distress (heart) | 0.082 | 0.072 | 1.213 | Asthma | 0.182 | 0.195 | -1.048 | Garden | | | |
| Foetal distress (meconium) | 0.035 | 0.039 | -0.723 | Eczema | 0.209 | 0.224 | -1.124 | Own garden | 0.835 | 0.842 | -0.565 |
| Other | 0.080 | 0.082 | -0.264 | Back Pain/lumbago/sciatica | 0.018 | 0.024 | -1.463 | Shared garden | 0.041 | 0.041 | 0.024 |
| Baby | | | | Fits/convulsions/epilepsy | 0.013 | 0.011 | 0.567 | Social Assistance | | | |
| Female | 0.513 | 0.500 | 0.789 | Diabetes | 0.008 | 0.012 | -1.392 | Child Tax Credit | 0.131 | 0.145 | -1.296 |
| Birth weight (kg) | 3.373 | 3.357 | 1.009 | Cancer | 0.067 | 0.089 | -2.636 | Working Families Tax Credit | 0.258 | 0.244 | 0.998 |
| Premature | 0.049 | 0.038 | 1.735 | Digestive or Bowel disorders | 0.009 | 0.006 | 0.982 | Income Support | 0.269 | 0.270 | -0.032 |
| Length of gestation (days) | 278.9 | 279.7 | -2.345 | Diabetes during pregnancy (only) | | | | Jobseekers Allowance | 0.043 | 0.044 | -0.080 |
| Present at birth | | | | Mothers Socioeconomic Status | | | | Housing Benefit | 0.247 | 0.238 | 0.646 |
| Father | 0.813 | 0.805 | 0.680 | Working during pregnancy | 0.524 | 0.545 | -1.361 | Council Tax Benefit | 0.235 | 0.220 | 1.104 |
| Mother's friend | 0.038 | 0.052 | -2.140 | Live in house | 0.837 | 0.846 | -0.752 | Invalid Care Allowance | 0.017 | 0.015 | 0.428 |
| Grandmother (in law) | 0.257 | 0.233 | 1.757 | # rooms | 5.044 | 5.104 | -1.373 | | | | |

Notes: Figures in columns titled "Fri-Sun" and "Mon-Thurs" are sample means of the variable listed under the column titled "Variable". The t-statistic of the difference between the means listed in these two columns is shown under the column titled "t-stat diff". Sample comprises low educated mothers (NVQ level 2 or less, or those whose NVQ level is unknown but left school before 17), but excludes children born through caesarean sections (either emergency or planned), children placed in intensive care and attriters from MCS3. Attrition variable is defined as equal to one if all the developmental variables have missing values. All variables are dummy variables except for labour duration, birth weight, length of gestation, mother's age and # rooms. Number of observations 4079. Source: Millennium Cohort Study.

Table VI.6 Relation between Regressors and Exposure to Weekend. Subsample for not attrited in MCS2

| Variable | p-value | Variable | p-value | Variable | p-value |
|------------------------------|---------|---|---------|----------------------------------|---------|
| Antenatal | | Someone else | | Own outright | 0.991 |
| Received ante-natal care | 0.785 | Mothers Demographics | | Rent from Local Authority | 0.753 |
| First ante-natal was before: | | Mother's age | | Rent from Housing Association | 0.384 |
| 0-11 weeks | 0.765 | Expected qualification at age 16 | | Rent privately | 0.737 |
| 12-13 weeks | 0.532 | Married | | Live with parents | 0.417 |
| ≥ 14 weeks | 0.724 | Religion | | Live rent free | 0.442 |
| Don't know | 0.689 | No religion | | Heating | |
| Attended ante-natal classes | 0.243 | Catholic | | Open fire | 0.323 |
| Received fertility treatment | 0.798 | Protestant | | Gas/electric fire | 0.543 |
| Planned parenthood | 0.977 | Anglican | | Central | 0.439 |
| | | Another type of Christian | | No heating | 0.692 |
| Delivery | | Hindu | | Damp or condensation at home | |
| Labour induced | 0.000 | Muslim | | Assets | 0.060 |
| Labour duration (hours) | 0.798 | Other | | Telephone | 0.632 |
| Type Delivery: | | Ethnicity | | Dishwasher | 0.286 |
| Normal | 0.805 | White | | Own computer | 0.744 |
| Forceps | 0.457 | Mixed | | Tumble dryer | 0.289 |
| Vacuum | 0.999 | Indian | | Own/access to car | 0.793 |
| Other | 0.260 | Pakistani/Bangladeshi | | Noisy Neighbours | |
| Pain relief: | | Black | | Very common | 0.740 |
| None | 0.087 | Other | | Fairly common | 0.725 |
| Gas and air | 0.248 | Mother's Mother is still alive | | Not very common | 0.561 |
| Pethidine | 0.599 | Lived away from home before 17 | | Not at all common | 0.589 |
| Epidural | 0.348 | Mothers Health and Lifestyle | | Rubbish and litter in the area | |
| General anaesthetic | 0.524 | Smoked during pregnancy (avg. cigarettes per day) | | Very common | 0.580 |
| TENS | 0.637 | Drank during pregnancy | | Fairly common | 0.549 |
| Other | 0.309 | Limiting longstanding illness | | Not very common | 0.332 |
| Complication: | | if mother has ever had | | Not at all common | 0.953 |
| None | 0.882 | Migraine | | Vandalism and damage to property | |
| Breech | 0.592 | Hayfever or persistent runny nose | | Very common | 0.620 |
| Other abnormal | 0.719 | Bronchitis | | Fairly common | 0.239 |
| Very long labour | 0.831 | Asthma | | Not very common | 0.854 |
| Very rapid labour | 0.449 | Eczema | | Not at all common | 0.671 |
| Foetal distress (heart) | 0.448 | Back Pain/lumbago/sciatica | | Garden | |
| Foetal distress (meconium) | 0.329 | Fits/convulsions/epilepsy | | Own garden | 0.203 |
| Other | 0.667 | Diabetes | | Shared garden | 0.468 |
| Baby | | Cancer | | Social Assistance | |
| Female | 0.047 | Digestive or Bowel disorders | | Child Tax Credit | 0.668 |
| Birth weight (kg) | 0.661 | Diabetes during pregnancy (only) | | Working Families Tax Credit | 0.588 |
| Premature | 0.294 | Mothers Socioeconomic Status | | Income Support | 0.974 |
| Length of gestation (days) | 0.213 | Working during pregnancy | | Jobseekers Allowance | 0.855 |
| Present at birth | | Live in house | | Housing Benefit | 0.048 |
| Father | 0.567 | # rooms | | Council Tax Benefit | 0.063 |
| Mother's friend | 0.691 | | | Invalid Care Allowance | 0.173 |
| Grandmother (in law) | 0.034 | | | | |

Notes. Each cell reports the P-value of the hypothesis that the coefficient of exposure to weekend is zero in a separate OLS regression in which the dependent variable is listed in the column titled "Variable". Sample comprises low educated mothers (NVQ level 2 or less, or those whose NVQ level is unknown but left school before 17), but excludes children born through caesarean sections (either emergency or planned), children placed in intensive care and attriters from MCS2. Attrition variable is defined as equal to one if all the developmental variables have missing values. All variables are dummy variables except for labour duration, birth weight, length of gestation, mother's age and # rooms. Number of observations 4585. Source: Millennium Cohort Study.

Table VI.7 Relation between regressors and Exposure to Weekend. Subsample for not attrited in MCS3

| Variable | p-value | Variable | p-value | Variable | p-value |
|------------------------------|---------|---|---------|----------------------------------|---------|
| Antenatal | | Someone else | | Own outright | 0.385 |
| Received ante-natal care | 0.561 | Mothers Demographics | | Rent from Local Authority | 0.300 |
| First ante-natal was before: | | Mother's age | | Rent from Housing Association | 0.524 |
| 0-11 weeks | 0.498 | Expected qualification at age 16 | | Rent privately | 0.575 |
| 12-13 weeks | 0.562 | Married | | Live with parents | 0.448 |
| ≥ 14 weeks | 0.709 | Religion | | Live rent free | 0.877 |
| Don't know | 0.614 | No religion | | Heating | |
| Attended ante-natal classes | 0.700 | Catholic | | Open fire | 0.526 |
| Received fertility treatment | 0.955 | Protestant | | Gas/electric fire | 0.986 |
| Planned parenthood | 0.995 | Anglican | | Central | 0.196 |
| Delivery | | Another type of Christian | | No heating | 0.811 |
| Labour induced | 0.000 | Hindu | | Damp or condensation at home | 0.053 |
| Labour duration (hours) | 0.828 | Muslim | | Assets | |
| Type Delivery: | | Other | | Telephone | 0.585 |
| Normal | 0.740 | Ethnicity | | Dishwasher | 0.276 |
| Forceps | 0.431 | White | | Own computer | 0.785 |
| Vacuum | 0.731 | Mixed | | Tumble dryer | 0.384 |
| Other | 0.114 | Indian | | Own/access to car | 0.814 |
| Pain relief: | | Pakistani/Bangladeshi | | Noisy Neighbours | |
| None | 0.219 | Black | | Very common | 0.734 |
| Gas and air | 0.213 | Other | | Fairly common | 0.153 |
| Pethidine | 0.301 | Mother's Mother is still alive | | Not very common | 0.632 |
| Epidural | 0.425 | Lived away from home before 17 | | Not at all common | 0.768 |
| General anaesthetic | 0.765 | Mothers Health and Lifestyle | | Rubbish and litter in the area | |
| TENS | 0.931 | Smoked during pregnancy (avg. cigarettes per day) | | Very common | 0.919 |
| Other | 0.520 | Drank during pregnancy | | Fairly common | 0.471 |
| Complication: | | Longstanding illness | | Not very common | 0.261 |
| None | 0.947 | Limiting longstanding illness | | Not at all common | 0.521 |
| Breech | 0.816 | If mother has ever had | | Vandalism and damage to property | |
| Other abnormal | 0.324 | Migraine | | Very common | 0.427 |
| Very long labour | 0.890 | Hayfever or persistent runny nose | | Fairly common | 0.236 |
| Very rapid labour | 0.245 | Bronchitis | | Not very common | 0.999 |
| Foetal distress (heart) | 0.572 | Asthma | | Not at all common | 0.689 |
| Foetal distress (meconium) | 0.157 | Eczema | | Garden | |
| Other | 0.757 | Back Pain/lumbago/sciatica | | Own garden | 0.432 |
| Baby | | Fits/convulsions/epilepsy | | Shared garden | 0.624 |
| Female | 0.065 | Diabetes | | Social Assistance | |
| Birth weight (kg) | 0.487 | Cancer | | Child Tax Credit | 0.572 |
| Premature | 0.304 | Digestive or Bowel disorders | | Working Families Tax Credit | 0.534 |
| Length of gestation (days) | 0.272 | Diabetes during pregnancy (only) | | Income Support | 0.733 |
| Present at birth | | Mothers Socioeconomic Status | | Jobseekers Allowance | 0.471 |
| Father | 0.878 | Working during pregnancy | | Housing Benefit | 0.041 |
| Mother's friend | 0.855 | Live in house | | Council Tax Benefit | 0.046 |
| Grandmother (in law) | 0.062 | # rooms | | Invalid Care Allowance | 0.132 |

Notes. Each cell reports the P-value of the hypothesis that the coefficient of exposure to weekend is zero in a separate OLS regression in which the dependent variable is listed in the columns titled "Variable". Sample comprises low educated mothers (NVQ level 2 or less, or those whose NVQ level is unknown but left school before 17), but excludes children born through caesarean sections (either emergency or planned), children placed in intensive care and attriters from MCS3. Attrition variable is defined as equal to one if all the developmental variables have missing values. All variables are dummy variables except for labour duration, birth weight, length of gestation, mother's age and # rooms. Number of observations 4529. Source: Millennium Cohort Study.

Table VI.8 Relation between regressors and Exposure to Weekend. Subsample for not attrited in MCS4

| Variable | p-value | Variable | p-value | Variable | p-value |
|------------------------------|---------|---|---------|----------------------------------|---------|
| Antenatal | | Someone else | | Own outright | 0.342 |
| Received ante-natal care | 0.813 | Mothers Demographics | | Rent from Local Authority | 0.708 |
| First ante-natal was before: | | Mother's age | | Rent from Housing Association | 0.764 |
| 0-11 weeks | 0.897 | Expected qualification at age 16 | | Rent privately | 0.854 |
| 12-13 weeks | 0.665 | Married | | Live with parents | 0.436 |
| ≥ 14 weeks | 0.781 | Religion | | Live rent free | 0.803 |
| Don't know | 0.639 | No religion | | Heating | |
| Attended ante-natal classes | 0.603 | Catholic | | Open fire | 0.964 |
| Received fertility treatment | 0.889 | Protestant | | Gas/electric fire | 0.673 |
| Planned parenthood | 0.514 | Anglican | | Central | 0.643 |
| Delivery | | Another type of Christian | | No heating | 0.456 |
| Labour induced | 0.000 | Hindu | | Damp or condensation at home | 0.238 |
| Labour duration (hours) | 0.598 | Muslim | | Assets | |
| Type Delivery: | | Other | | Telephone | 0.462 |
| Normal | 0.741 | Ethnicity | | Dishwasher | 0.186 |
| Forceps | 0.600 | White | | Own computer | 0.960 |
| Vacuum | 0.847 | Mixed | | Tumble dryer | 0.128 |
| Other | 0.180 | Indian | | Own/access to car | 0.861 |
| Pain relief: | | Pakistani/Bangladeshi | | Noisy Neighbour's | |
| None | 0.287 | Black | | Very common | 0.681 |
| Gas and air | 0.407 | Other | | Fairly common | 0.390 |
| Pethidine | 0.447 | Mother's Mother is still alive | | Not very common | 0.554 |
| Epidural | 0.353 | Lived away from home before 17 | | Not at all common | 0.807 |
| General anaesthetic | 0.924 | Mothers Health and Lifestyle | | Rubbish and litter in the area | |
| TENS | 0.806 | Smoked during pregnancy (avg. cigarettes per day) | | Very common | 0.965 |
| Other | 0.793 | Drank during pregnancy | | Fairly common | 0.228 |
| Complication: | | Longstanding illness | | Not very common | 0.151 |
| None | 0.921 | Limiting longstanding illness | | Not at all common | 0.687 |
| Breech | 0.593 | If mother has ever had | | Vandalism and damage to property | |
| Other abnormal | 0.942 | Migraine | | Very common | 0.851 |
| Very long labour | 0.698 | Hayfever or persistent runny nose | | Fairly common | 0.125 |
| Very rapid labour | 0.217 | Bronchitis | | Not very common | 0.515 |
| Foetal distress (heart) | 0.594 | Asthma | | Not at all common | 0.691 |
| Foetal distress (meconium) | 0.183 | Eczema | | Garden | |
| Other | 0.702 | Back Pain/lumbago/sciatica | | Own garden | 0.565 |
| Baby | | Fits/convulsions/epilepsy | | Shared garden | 0.207 |
| Female | 0.051 | Diabetes | | Social Assistance | |
| Birth weight (kg) | 0.577 | Cancer | | Child Tax Credit | 0.451 |
| Premature | 0.083 | Digestive or Bowel disorders | | Working Families Tax Credit | 0.315 |
| Length of gestation (days) | 0.059 | Diabetes during pregnancy (only) | | Income Support | 0.674 |
| Present at birth | | Mothers Socioeconomic Status | | Jobseekers Allowance | 0.697 |
| Father | 0.804 | Working during pregnancy | | Housing Benefit | 0.123 |
| Mother's friend | 0.508 | Live in house | | Council Tax Benefit | 0.109 |
| Grandmother (in law) | 0.086 | # rooms | | Invalid Care Allowance | 0.182 |

Notes. Each cell reports the P-value of the hypothesis that the coefficient of exposure to weekend is zero in a separate OLS regression in which the dependent variable is listed in the column titled "Variable". Sample comprises low educated mothers (NVQ level 2 or less, or those whose NVQ level is unknown but left school before 17), but excludes children born through caesarean sections (either emergency or planned), children placed in intensive care and attriters from MCS4. Attrition variable is defined as equal to one if all the developmental variables have missing values. All variables are dummy variables except for labour duration, birth weight, length of gestation, mother's age and # rooms. Number of observations 4079. Source: Millennium Cohort Study.

Table VI.9 Relation between Regressors and Cubic Polynomial in Hour. Subsample for not attrited in MCS2

| Variable | p-value | Variable | p-value | Variable | p-value |
|------------------------------|---------|---|---------|----------------------------------|---------|
| Antenatal | | Someone else | | Own outright | 0.504 |
| Received ante-natal care | 0.356 | Mothers Demographics | | Rent from Local Authority | 0.650 |
| First ante-natal was before: | | Mother's age | | Rent from Housing Association | 0.898 |
| 0-11 weeks | 0.443 | Expected qualification at age 16 | | Rent privately | 0.411 |
| 12-13 weeks | 0.176 | Married | | Live with parents | 0.715 |
| ≥ 14 weeks | 0.947 | Religion | | Live rent free | 0.682 |
| Don't know | 0.775 | No religion | | Heating | 0.186 |
| Attended ante-natal classes | 0.167 | Catholic | | Open fire | 0.522 |
| Received fertility treatment | 0.025 | Protestant | | Gas/electric fire | 0.550 |
| Planned parenthood | 0.750 | Anglican | | Central | 0.974 |
| Delivery | | Another type of Christian | | No heating | 0.973 |
| Labour induced | 0.000 | Hindu | | Damp or condensation at home | 0.787 |
| Labour duration (hours) | 0.322 | Muslim | | Damp or condensation at home | 0.973 |
| Type Delivery: | | Other | | Assets | 0.188 |
| Normal | 0.089 | Ethnicity | | Telephone | 0.807 |
| Forceps | 0.772 | White | | Dishwasher | 0.065 |
| Vacuum | 0.280 | Mixed | | Own computer | 0.712 |
| Other | 0.725 | Indian | | Tumble dryer | 0.830 |
| Pain relief: | | Pakistani/Bangladeshi | | Own/access to car | 0.652 |
| None | 0.338 | Black | | Noisy Neighbours | 0.582 |
| Gas and air | 0.096 | Other | | Very common | 0.331 |
| Pethidine | 0.690 | Mother's Mother is still alive | | Fairly common | 0.833 |
| Epidural | 0.176 | Lived away from home before 17 | | Not very common | 0.400 |
| General anaesthetic | 0.821 | Mothers Health and Lifestyle | | Not at all common | 0.734 |
| TENS | 0.912 | Smoked during pregnancy (avg. cigarettes per day) | | Not at all common | 0.592 |
| Other | 0.451 | Drank during pregnancy | | Rubbish and litter in the area | 0.662 |
| Complication: | | Longstanding illness | | Very common | 0.111 |
| None | 0.955 | Limiting longstanding illness | | Fairly common | 0.366 |
| Breech | 0.696 | If mother has ever had | | Not very common | 0.973 |
| Other abnormal | 0.212 | Migraine | | Not at all common | 0.614 |
| Very long labour | 0.784 | Hayfever or persistent runny nose | | Vandalism and damage to property | 0.878 |
| Very rapid labour | 0.289 | Bronchitis | | Very common | 0.153 |
| Foetal distress (heart) | 0.655 | Asthma | | Fairly common | 0.573 |
| Foetal distress (meconium) | 0.558 | Eczema | | Not very common | 0.726 |
| Other | 0.523 | Back Pain/lumbago/sciatica | | Not at all common | 0.461 |
| Baby | | Fits/convulsions/epilepsy | | Garden | 0.263 |
| Female | 0.262 | Diabetes | | Own garden | 0.195 |
| Birth weight (kg) | 0.703 | Cancer | | Shared garden | 0.151 |
| Premature | 0.588 | Digestive or Bowel disorders | | Social Assistance | 0.730 |
| Length of gestation (days) | 0.511 | Diabetes during pregnancy (only) | | Child Tax Credit | 0.667 |
| Present at birth | 0.415 | Mothers Socioeconomic Status | | Working Families Tax Credit | 0.463 |
| Father | 0.311 | Working during pregnancy | | Income Support | 0.906 |
| Mother's friend | 0.051 | Live in house | | Jobseekers Allowance | 0.154 |
| Grandmother (in law) | 0.051 | # rooms | | Housing Benefit | 0.301 |
| | | | | Council Tax Benefit | 0.646 |
| | | | | Invalid Care Allowance | 0.268 |
| | | | | | 0.497 |

Notes. Each cell reports the P-value of the joint hypothesis that the coefficients of a cubic polynomial in hour are jointly zero in a separate OLS regression in which the dependent variable is listed in the columns titled "Variable". Sample comprises low educated mothers (NVQ level 2 or less, or those whose NVQ level is unknown but left school before 17), but excludes children born through caesarean sections (either emergency or planned), children placed in intensive care and attriters from MCS2. Attrition variable is defined as equal to one if all the developmental variables have missing values. All variables are dummy variables except for labour duration, birth weight, length of gestation, mother's age and # rooms. Number of observations 4585. Source: Millennium Cohort Study.

Table VI.10 Relation between Regressors and Cubic Polynomial in Hour. Subsample for not attrited in MCS3

| Variable | p-value | Variable | p-value | Variable | p-value |
|------------------------------|---------|---|---------|----------------------------------|---------|
| Antenatal | | Someone else | | Own outright | 0.115 |
| Received ante-natal care | 0.436 | Mothers Demographics | | Rent from Local Authority | 0.582 |
| First ante-natal was before: | | Mother's age | | Rent from Housing Association | 0.365 |
| 0-11 weeks | 0.201 | Expected qualification at age 16 | | Rent privately | 0.766 |
| 12-13 weeks | 0.182 | Married | | Live with parents | 0.676 |
| ≥ 14 weeks | 0.724 | Religion | | Live rent free | 0.097 |
| Don't know | 0.697 | No religion | | Heating | |
| Attended ante-natal classes | 0.457 | Catholic | | Open fire | 0.606 |
| Received fertility treatment | 0.045 | Protestant | | Gas/electric fire | 0.649 |
| Planned parenthood | 0.851 | Anglican | | Central | 0.002 |
| Delivery | | Another type of Christian | | No heating | 0.186 |
| Labour induced | 0.000 | Hindu | | Damp or condensation at home | 0.014 |
| Labour duration (hours) | 0.464 | Muslim | | Assets | |
| Type Delivery: | | Other | | Telephone | 0.723 |
| Normal | 0.166 | Ethnicity | | Dishwasher | 0.669 |
| Forceps | 0.822 | White | | Own computer | 0.978 |
| Vacuum | 0.276 | Mixed | | Tumble dryer | 0.499 |
| Other | 0.553 | Indian | | Own/access to car | 0.362 |
| Pain relief: | | Pakistani/Bangladeshi | | Noisy Neighbours | |
| None | 0.442 | Black | | Very common | 0.328 |
| Gas and air | 0.311 | Other | | Fairly common | 0.297 |
| Pethidine | 0.312 | Mother's Mother is still alive | | Not very common | 0.500 |
| Epidural | 0.387 | Lived away from home before 17 | | Not at all common | 0.334 |
| General anaesthetic | 0.360 | Mothers Health and Lifestyle | | Rubbish and litter in the area | |
| TENS | 0.729 | Smoked during pregnancy (avg. cigarettes per day) | | Very common | 0.493 |
| Other | 0.714 | Drank during pregnancy | | Fairly common | 0.676 |
| Complication: | | Longstanding illness | | Not very common | 0.765 |
| None | 0.832 | Limiting longstanding illness | | Not at all common | 0.759 |
| Breech | 0.998 | If mother has ever had | | Vandalism and damage to property | |
| Other abnormal | 0.302 | Migraine | | Very common | 0.496 |
| Very long labour | 0.799 | Hayfever or persistent runny nose | | Fairly common | 0.471 |
| Very rapid labour | 0.211 | Bronchitis | | Not very common | 0.959 |
| Foetal distress (heart) | 0.347 | Asthma | | Not at all common | 0.435 |
| Foetal distress (meconium) | 0.286 | Eczema | | Garden | |
| Other | 0.878 | Back Pain/lumbago/sciatica | | Own garden | 0.204 |
| Baby | | Fits/convulsions/epilepsy | | Shared garden | 0.969 |
| Female | 0.333 | Diabetes | | Social Assistance | |
| Birth weight (kg) | 0.724 | Cancer | | Child Tax Credit | 0.683 |
| Premature | 0.569 | Digestive or Bowel disorders | | Working Families Tax Credit | 0.361 |
| Length of gestation (days) | 0.383 | Diabetes during pregnancy (only) | | Income Support | 0.962 |
| Present at birth | | Mothers Socioeconomic Status | | Jobseekers Allowance | 0.064 |
| Father | 0.493 | Working during pregnancy | | Housing Benefit | 0.127 |
| Mother's friend | 0.675 | Live in house | | Council Tax Benefit | 0.075 |
| Grandmother (in law) | 0.346 | # rooms | | Invalid Care Allowance | 0.393 |

Notes. Each cell reports the P-value of the joint hypothesis that the coefficients of a cubic polynomial in hour are jointly zero in a separate OLS regression in which the dependent variable is listed in the columns titled "Variable". Sample comprises low educated mothers (NVQ level 2 or less, or those whose NVQ level is unknown but left school before 17), but excludes children born through caesarean sections (either emergency or planned), children placed in intensive care and attriters from MCS3. Attrition variable is defined as equal to one if all the developmental variables have missing values. All variables are dummy variables except for labour duration, birth weight, length of gestation, mother's age and # rooms. Number of observations 4529. Source: Millennium Cohort Study.

Table VI.11 Relation between Regressors and Cubic Polynomial in Hour. Subsample for not attrited in MCS4

| Variable | p-value | Variable | p-value | Variable | p-value |
|------------------------------|---------|---|---------|----------------------------------|---------|
| Antenatal | | Someone else | | Own outright | 0.379 |
| Received ante-natal care | 0.436 | Mothers Demographics | | Rent from Local Authority | 0.822 |
| First ante-natal was before: | | Mother's age | | Rent from Housing Association | 0.777 |
| 0-11 weeks | 0.201 | Expected qualification at age 16 | | Rent privately | 0.842 |
| 12-13 weeks | 0.182 | Married | | Live with parents | 0.924 |
| ≥ 14 weeks | 0.724 | Religion | | Live rent free | 0.313 |
| Don't know | 0.697 | No religion | | Heating | |
| Attended ante-natal classes | 0.457 | Catholic | | Open fire | 0.667 |
| Received fertility treatment | 0.045 | Protestant | | Gas/electric fire | 0.743 |
| Planned parenthood | 0.851 | Anglican | | Central | 0.127 |
| Delivery | | Another type of Christian | | No heating | 0.398 |
| Labour induced | 0.000 | Hindu | | Damp or condensation at home | 0.296 |
| Labour duration (hours) | 0.260 | Muslim | | Assets | |
| Type Delivery: | | Other | | Telephone | 0.890 |
| Normal | 0.099 | Ethnicity | | Dishwasher | 0.626 |
| Forceps | 0.919 | White | | Own computer | 0.942 |
| Vacuum | 0.175 | Mixed | | Tumble dryer | 0.498 |
| Other | 0.611 | Indian | | Own/access to car | 0.843 |
| Pain relief: | | Pakistani/Bangladeshi | | Noisy/Neighbours | |
| None | 0.571 | Black | | Very common | 0.543 |
| Gas and air | 0.475 | Other | | Fairly common | 0.591 |
| Pethidine | 0.312 | Mother's Mother is still alive | | Not very common | 0.292 |
| Epidural | 0.264 | Lived away from home before 17 | | Not at all common | 0.429 |
| General anaesthetic | 0.091 | Mothers Health and Lifestyle | | Rubbish and litter in the area | |
| TENS | 0.966 | Smoked during pregnancy (avg. cigarettes per day) | | Very common | 0.838 |
| Other | 0.802 | Drank during pregnancy | | Fairly common | 0.166 |
| Complication: | | Limiting longstanding illness | | Not very common | 0.804 |
| None | 0.974 | If mother has ever had | | Not at all common | 0.530 |
| Breech | 0.996 | Migraine | | Vandalism and damage to property | |
| Other abnormal | 0.179 | Hayfever or persistent runny nose | | Very common | 0.496 |
| Very long labour | 0.521 | Bronchitis | | Fairly common | 0.471 |
| Very rapid labour | 0.371 | Asthma | | Not very common | 0.959 |
| Foetal distress (heart) | 0.498 | Eczema | | Not at all common | 0.435 |
| Foetal distress (meconium) | 0.367 | Back Pain/lumbago/sciatica | | Garden | |
| Other | 0.627 | Fits/convulsions/epilepsy | | Own garden | 0.300 |
| Baby | | Diabetes | | Shared garden | 0.604 |
| Female | 0.347 | Cancer | | Social Assistance | |
| Birth weight (kg) | 0.680 | Digestive or Bowel disorders | | Child Tax Credit | 0.565 |
| Premature | 0.175 | Diabetes during pregnancy (only) | | Working Families Tax Credit | 0.461 |
| Length of gestation (days) | 0.194 | Mothers Socioeconomic Status | | Income Support | 0.832 |
| Present at birth | | Working during pregnancy | | Jobseekers Allowance | 0.037 |
| Father | 0.392 | Live in house | | Housing Benefit | 0.126 |
| Mother's friend | 0.391 | # rooms | | Council Tax Benefit | 0.049 |
| Grandmother (in law) | 0.383 | | | Invalid Care Allowance | 0.431 |

Notes. Each cell reports the P-value of the joint hypothesis that the coefficients of a cubic polynomial in hour are jointly zero in a separate OLS regression in which the dependent variable is listed in the columns titled "Variable". Sample comprises low educated mothers (NVQ level 2 or less, or those whose NVQ level is unknown but left school before 17), but excludes children born through caesarean sections (either emergency or planned), children placed in intensive care, and attriters from MCS3. Attrition variable is defined as equal to one if all the developmental variables have missing values. All variables are dummy variables except for labour duration, birth weight, length of gestation, mother's age and # rooms. Number of observations: 4079. Source: Millennium Cohort Study.

Table VI.12 Balance by Day of Birth, Subsample of those in Cognitive Index

| Variable | Fri-Sun | Mon-Thurs | t-stat diff | Variable | Fri-Sun | Mon-Thurs | t-stat diff | Variable | Fri-Sun | Mon-Thurs | t-stat diff |
|------------------------------|---------|-----------|-------------|---|---------|-----------|-------------|----------------------------------|---------|-----------|-------------|
| Antenatal | | | | Someone else | | | | Own outright | 0.030 | 0.025 | 0.943 |
| Received ante-natal care | 0.949 | 0.957 | -1.423 | Mothers Demographics | | | | Rent from Local Authority | 0.282 | 0.286 | -0.258 |
| First ante-natal was before: | | | | Mother's age | 26.535 | 26.617 | -0.481 | Rent from Housing Association | 0.101 | 0.105 | -0.474 |
| 0-11 weeks | 0.408 | 0.397 | 0.822 | Expected qualification at age 16 | 0.568 | 0.578 | -0.749 | Rent privately | 0.104 | 0.093 | 1.314 |
| 12-13 weeks | 0.329 | 0.340 | -0.834 | Married | 0.456 | 0.459 | -0.213 | Live with parents | 0.059 | 0.055 | 0.602 |
| ≥ 14 weeks | 0.183 | 0.191 | -0.709 | Religion | | | | Live rent free | 0.016 | 0.019 | -0.954 |
| Don't know | 0.028 | 0.029 | -0.216 | No religion | 0.555 | 0.545 | 0.736 | Heating | | | |
| Attended ante-natal classes | 0.247 | 0.246 | 0.071 | Catholic | 0.073 | 0.081 | -0.973 | Open fire | 0.036 | 0.033 | 0.599 |
| Received fertility treatment | 0.011 | 0.016 | -1.519 | Protestant | 0.028 | 0.028 | -0.003 | Gas/electric fire | 0.304 | 0.301 | 0.281 |
| Planned parenthood | 0.455 | 0.453 | 0.169 | Anglican | 0.156 | 0.149 | 0.690 | Central | 0.875 | 0.899 | -2.725 |
| Delivery | | | | Another type of Christian | 0.063 | 0.065 | -0.353 | No heating | 0.012 | 0.010 | 0.755 |
| Labour induced | 0.302 | 0.308 | -0.451 | Hindu | 0.013 | 0.011 | 0.584 | Damp or condensation at home | 0.160 | 0.168 | -0.738 |
| Labour duration (hours) | 8.896 | 8.704 | 0.649 | Muslim | 0.100 | 0.110 | -1.084 | Assets | | | |
| Type Delivery: | | | | Other | 0.011 | 0.011 | -0.013 | Telephone | 0.948 | 0.942 | 0.927 |
| Normal | 0.903 | 0.902 | 0.159 | Ethnicity | | | | Dishwasher | 0.199 | 0.201 | -0.128 |
| Forceps | 0.038 | 0.036 | 0.294 | White | 0.847 | 0.844 | 0.297 | Own computer | 0.396 | 0.395 | 0.134 |
| Vacuum | 0.062 | 0.064 | -0.249 | Mixed | 0.013 | 0.009 | 1.305 | Tumble dryer | 0.594 | 0.598 | -0.273 |
| Other | 0.009 | 0.008 | 0.567 | Indian | 0.021 | 0.021 | -0.186 | Own/access to car | 0.751 | 0.728 | 1.866 |
| Pain relief: | | | | Pakistani/Bangladeshi | 0.080 | 0.086 | -0.830 | Noisy Neighbours | | | |
| None | 0.101 | 0.105 | -0.528 | Black | 0.028 | 0.028 | -0.192 | Very common | 0.087 | 0.089 | -0.308 |
| Gas and air | 0.802 | 0.790 | 1.073 | Other | 0.011 | 0.010 | 0.376 | Fairly common | 0.132 | 0.114 | 1.915 |
| Pethidine | 0.367 | 0.353 | 1.057 | Mother's Mother is still alive | 0.932 | 0.931 | 0.216 | Not very common | 0.391 | 0.406 | -1.140 |
| Epidural | 0.201 | 0.200 | 0.067 | Lived away from home before 17 | 0.202 | 0.210 | -0.676 | Not at all common | 0.391 | 0.390 | 0.026 |
| General anaesthetic | 0.003 | 0.002 | 0.286 | Mothers Health and Lifestyle | | | | Rubbish and litter in the area | | | |
| TENS | 0.076 | 0.077 | -0.067 | Smoked during pregnancy (avg. cig. per day) | 3.616 | 3.634 | -0.104 | Very common | 0.152 | 0.152 | -0.016 |
| Other | 0.036 | 0.033 | 0.666 | Drank during pregnancy | 0.252 | 0.250 | 0.176 | Fairly common | 0.218 | 0.225 | -0.635 |
| Complication: | | | | Longstanding illness | 0.205 | 0.211 | -0.524 | Not very common | 0.372 | 0.367 | 0.384 |
| None | 0.753 | 0.762 | -0.698 | Limiting longstanding illness | 0.109 | 0.095 | 1.638 | Not at all common | 0.258 | 0.255 | 0.192 |
| Breech | 0.019 | 0.020 | -0.329 | If mother has ever had | | | | Vandalism and damage to property | | | |
| Other abnormal | 0.003 | 0.004 | -0.784 | Migraine | 0.226 | 0.225 | 0.073 | Very common | 0.116 | 0.109 | 0.792 |
| Very long labour | 0.049 | 0.045 | 0.593 | Hayfever or persistent runny nose | 0.222 | 0.247 | -2.104 | Fairly common | 0.149 | 0.163 | -1.347 |
| Very rapid labour | 0.030 | 0.025 | 1.185 | Bronchitis | 0.077 | 0.072 | 0.642 | Not very common | 0.412 | 0.401 | 0.773 |
| Foetal distress (heart) | 0.079 | 0.071 | 1.171 | Asthma | 0.172 | 0.178 | -0.530 | Not at all common | 0.323 | 0.327 | -0.305 |
| Foetal distress (meconium) | 0.034 | 0.040 | -1.087 | Eczema | 0.176 | 0.185 | -0.829 | Garden | | | |
| Other | 0.081 | 0.077 | 0.536 | Back Pain/lumbago/sciatica | 0.207 | 0.220 | -1.121 | Own garden | 0.823 | 0.827 | -0.373 |
| Baby | | | | Fits/convulsions/epilepsy | 0.019 | 0.028 | -2.292 | Shared garden | 0.045 | 0.043 | 0.306 |
| Female | 0.511 | 0.495 | 1.081 | Diabetes | 0.011 | 0.012 | -0.237 | Social Assistance | | | |
| Birth weight (kg) | 3.363 | 3.354 | 0.639 | Cancer | 0.008 | 0.012 | -1.254 | Child Tax Credit | 0.127 | 0.132 | -0.616 |
| Premature | 0.046 | 0.041 | 0.832 | Digestive or Bowel disorders | 0.069 | 0.085 | -2.177 | Working Families Tax Credit | 0.258 | 0.245 | 1.036 |
| Length of gestation (days) | 278.9 | 279.4 | -1.634 | Diabetes during pregnancy (only) | 0.008 | 0.008 | -0.095 | Income Support | 0.287 | 0.295 | -0.671 |
| Present at birth | | | | Mothers Socioeconomic Status | | | | Jobseekers Allowance | 0.041 | 0.047 | -1.018 |
| Father | 0.799 | 0.796 | 0.226 | Working during pregnancy | 0.507 | 0.523 | -1.128 | Housing Benefit | 0.251 | 0.254 | -0.172 |
| Mother's friend | 0.043 | 0.052 | -1.503 | Live in house | 0.826 | 0.831 | -0.463 | Council Tax Benefit | 0.240 | 0.234 | 0.476 |
| Grandmother (in law) | 0.258 | 0.238 | 1.691 | # rooms | 5.016 | 5.049 | -0.873 | Invalid Care Allowance | 0.015 | 0.014 | 0.223 |

Notes: Figures in columns titled "Fri-Sun" and "Mon-Thurs" are sample means of the variable listed under the column titled "Variable". The t-statistic of the difference between the means listed in these two columns is shown under the column titled "t-stat diff". Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. All variables are dummy variables, with the exception of birth weight, length of gestation, mother's age, smoked during pregnancy and # rooms. Number of observations 5172. Source: Millennium Cohort Study.

Table VI.13 Exposure to Weekend. Subsample of those in Cognitive Index

| Variable | p-value | Variable | p-value | Variable | p-value |
|------------------------------|---------|--|---------|--|---------|
| Antenatal | | Someone else | | Own outright | 0.554 |
| Received ante-natal care | 0.507 | Mothers Demographics | | Rent from Local Authority | 0.520 |
| First ante-natal was before: | | Age | | Rent from Housing Association | 0.492 |
| 0-11 weeks | 0.543 | Had attained expected educ qual. at age 16 | | Rent privately | 0.773 |
| 12-13 weeks | 0.407 | Married | | Live with parents | 0.700 |
| ≥ 14 weeks | 0.596 | Religion | | Live rent free | 0.740 |
| Don't know | 0.868 | No religion | | Heating | |
| Attended ante-natal classes | 0.525 | Catholic | | Open fire | 0.473 |
| Received fertility treatment | 0.693 | Protestant | | Gas/electric fire | 0.744 |
| Planned parenthood | 0.538 | Anglican | | Central | 0.365 |
| Delivery | | Another type of Christian | | No heating | 0.979 |
| Labour induced | 0.000 | Hindu | | Damp or condensation at home | 0.043 |
| Labour duration (hours) | 0.805 | Muslim | | Assets | |
| Type Delivery: | | Other | | Telephone | 0.505 |
| Normal | 0.665 | Ethnicity | | Dishwasher | 0.215 |
| Forceps | 0.482 | White | | Own computer | 0.568 |
| Vacuum | 0.907 | Mixed | | Tumble dryer | 0.280 |
| Other | 0.094 | Indian | | Own/access to car | 0.933 |
| Pain relief: | | Pakistani/Bangladeshi | | Noisy Neighbours | |
| None | 0.129 | Black | | Very common | 0.283 |
| Gas and air | 0.264 | Other | | Fairly common | 0.162 |
| Pethidine | 0.361 | Mother's Mother is still alive | | Not very common | 0.665 |
| Epidural | 0.447 | Lived away from home before 17 | | Not at all common | 0.917 |
| General anaesthetic | 0.518 | Mothers Health and Lifestyle | | Presence of rubbish and litter in the area | |
| TENS | 0.895 | Smoked during pregnancy (# avg. cig per day) | | Very common | 0.627 |
| Other | 0.254 | Drank during pregnancy | | Fairly common | 0.452 |
| Complication: | | Longstanding illness | | Not very common | 0.184 |
| None | 0.885 | Limiting longstanding illness | | Not at all common | 0.722 |
| Breech | 0.898 | If mother has ever had | | Vandalism and damage to property in the area | |
| Other abnormal | 0.482 | Migraine | | Very common | 0.506 |
| Very long labour | 0.670 | Hayfever or persistent runny nose | | Fairly common | 0.200 |
| Very rapid labour | 0.517 | Bronchitis | | Not very common | 0.922 |
| Foetal distress (heart) | 0.728 | Asthma | | Not at all common | 0.640 |
| Foetal distress (meconium) | 0.118 | Eczema | | Garden | |
| Other | 0.659 | Back Pain/lumbago/sciatica | | Own garden | 0.411 |
| Baby | | Fits/convulsions/epilepsy | | Shared garden | 0.777 |
| Female | 0.124 | Diabetes | | Social Assistance | |
| Birth weight (kg) | 0.766 | Cancer | | Child Tax Credit | 0.738 |
| Premature | 0.471 | Digestive or Bowel disorders | | Working Families Tax Credit | 0.802 |
| Length of gestation (days) | 0.339 | Diabetes during pregnancy | | Income Support | 0.835 |
| Present at birth | | Mothers Socioeconomic Status | | Jobseekers Allowance | 0.337 |
| Father | 0.857 | Working during pregnancy | | Housing Benefit | 0.058 |
| Mother's friend | 0.616 | Live in house | | Council Tax Benefit | 0.045 |
| Grandmother (in law) | 0.100 | # rooms | | Invalid Care Allowance | 0.186 |

Notes: Each cell reports the P-value of the hypothesis that the coefficient of exposure to weekend is zero in a separate OLS regression in which the dependent variable is listed in the columns titled "Variable". Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care. It also excludes those for whom the cognitive index is missing. All variables are dummy variables, with the exception of birth weight, length of gestation, mother's age, smoked during pregnancy and # rooms. Number of observations 5172. Source: Millennium Cohort Study.

Table VI.14 Cubic Polynomial of Hour, Subsample of those in Cognitive Index

| Variable | p-value | Variable | p-value | Variable | p-value |
|------------------------------|---------|--|---------|--|---------|
| Antenatal | | Someone else | 0.334 | Own outright | 0.474 |
| Received ante-natal care | 0.508 | Mothers Demographics | | Rent from Local Authority | 0.743 |
| First ante-natal was before: | | Age | 0.607 | Rent from Housing Association | 0.451 |
| 0-11 weeks | 0.340 | Had attained expected educ qual. at age 16 | 0.689 | Rent privately | 0.831 |
| 12-13 weeks | 0.108 | Married | 0.606 | Live with parents | 0.685 |
| ≥ 14 weeks | 0.837 | Religion | 0.586 | Live rent free | 0.069 |
| Don't know | 0.390 | No religion | 0.259 | Heating | |
| Attended ante-natal classes | 0.193 | Catholic | 0.972 | Open fire | 0.530 |
| Received fertility treatment | 0.018 | Protestant | 0.975 | Gas/electric fire | 0.437 |
| Planned parenthood | 0.553 | Anglican | 0.917 | Central | 0.010 |
| Delivery | | Another type of Christian | 0.691 | No heating | 0.343 |
| Labour induced | 0.000 | Hindu | 0.917 | Damp or condensation at home | 0.033 |
| Labour duration (hours) | 0.512 | Muslim | 0.025 | Assets | |
| Type Delivery: | | Other | 0.884 | Telephone | 0.198 |
| Normal | 0.056 | Ethnicity | 0.497 | Dishwasher | 0.629 |
| Forceps | 0.655 | White | 0.259 | Own computer | 0.929 |
| Vacuum | 0.243 | Mixed | 0.972 | Tumble dryer | 0.373 |
| Other | 0.475 | Indian | 0.975 | Own/access to car | 0.324 |
| Pain relief: | | Pakistani/Bangladeshi | 0.691 | Noisy Neighbours | |
| None | 0.183 | Black | 0.917 | Very common | 0.247 |
| Gas and air | 0.162 | Other | 0.025 | Fairly common | 0.427 |
| Pethidine | 0.347 | Mother's Mother is still alive | 0.884 | Not very common | 0.402 |
| Epidural | 0.169 | Lived away from home before 17 | | Not at all common | 0.391 |
| General anaesthetic | 0.803 | Mothers Health and Lifestyle | | Presence of rubbish and litter in the area | |
| TENS | 0.887 | Smoked during pregnancy (# avg. cig per day) | 0.453 | Very common | 0.694 |
| Other | 0.601 | Drank during pregnancy | 0.184 | Fairly common | 0.566 |
| Complication: | | Longstanding illness | 0.894 | Not very common | 0.674 |
| None | 0.910 | Limiting longstanding illness | 0.375 | Not at all common | 0.857 |
| Breech | 0.907 | If mother has ever had | | Vandalism and damage to property in the area | |
| Other abnormal | 0.089 | Migraine | 0.961 | Very common | 0.777 |
| Very long labour | 0.792 | Hayfever or persistent runny nose | 0.167 | Fairly common | 0.261 |
| Very rapid labour | 0.492 | Bronchitis | 0.483 | Not very common | 0.776 |
| Foetal distress (heart) | 0.624 | Asthma | 0.914 | Not at all common | 0.674 |
| Foetal distress (meconium) | 0.274 | Eczema | 0.249 | Garden | |
| Other | 0.744 | Back Pain/lumbago/sciatica | 0.388 | Own garden | 0.258 |
| Baby | | Fits/convulsions/epilepsy | 0.115 | Shared garden | 0.993 |
| Female | 0.524 | Diabetes | 0.650 | Social Assistance | |
| Birth weight (kg) | 0.550 | Cancer | 0.692 | Child Tax Credit | 0.335 |
| Premature | 0.819 | Digestive or Bowel disorders | 0.040 | Working Families Tax Credit | 0.570 |
| Length of gestation (days) | 0.682 | Diabetes during pregnancy | 0.916 | Income Support | 0.880 |
| Present at birth | | Mothers Socioeconomic Status | | Jobseekers Allowance | 0.058 |
| Father | 0.267 | Working during pregnancy | 0.145 | Housing Benefit | 0.034 |
| Mother's friend | 0.432 | Live in house | 0.523 | Council Tax Benefit | 0.023 |
| Grandmother (in law) | 0.248 | # rooms | 0.213 | Invalid Care Allowance | 0.460 |

Notes: Each cell reports the P-value of the joint hypothesis that the coefficients of a cubic polynomial in hour are jointly zero in a separate OLS regression in which the dependent variable is listed in the columns titled "Variable". Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care. It also excludes those for whom the cognitive index is missing. All variables are dummy variables, with the exception of birth weight, length of gestation, mother's age, smoked during pregnancy and # rooms. Number of observations 5172. Source: Millennium Cohort Study.

Table VI.15 Comparison between Attriters and Non-attriters

| Variable | Non-attriters | Attriters | t-stat diff | Variable | Non-attriters | Attriters | t-stat diff | Variable | Non-attriters | Attriters | t-stat diff |
|-------------------------------------|---------------|-----------|-------------|---|---------------|-----------|-------------|--|---------------|-----------|-------------|
| Antenatal | | | | | | | | | | | |
| Received ante-natal care | 0.960 | 0.936 | 3.957 | Grandmother (in law) | 0.234 | 0.272 | -3.336 | Own outright | 0.026 | 0.028 | -0.569 |
| <i>First ante-natal was before:</i> | | | | Someone else | 0.103 | 0.123 | -2.355 | Rent from Local Authority | 0.260 | 0.337 | -6.427 |
| 0-11 weeks | 0.414 | 0.373 | 3.183 | Mothers Demographics | 27.241 | 25.312 | 12.327 | Rent from Housing Association | 0.095 | 0.121 | -3.256 |
| 12-13 weeks | 0.337 | 0.337 | 0.031 | Age | 0.609 | 0.492 | 9.026 | Rent privately | 0.086 | 0.118 | -3.923 |
| ≥ 14 weeks | 0.181 | 0.194 | -1.281 | Had attained expected educ qual. at age 16 | 0.497 | 0.383 | 8.821 | Live with parents | 0.049 | 0.068 | -2.917 |
| Don't know | 0.027 | 0.031 | -1.011 | Married | | | | Live rent free | 0.013 | 0.023 | -2.602 |
| Attended ante-natal classes | 0.258 | 0.220 | 3.355 | No religion | 0.533 | 0.585 | -3.983 | Heating | | | |
| Received fertility treatment | 0.017 | 0.010 | 2.431 | Catholic | 0.073 | 0.084 | -1.423 | Open fire | 0.036 | 0.032 | 1.028 |
| Planned parenthood | 0.486 | 0.399 | 6.669 | Protestant | 0.032 | 0.024 | 1.946 | Gas/electric fire | 0.301 | 0.306 | -0.413 |
| Delivery | | | | Anglican | 0.174 | 0.106 | 7.651 | Central | 0.895 | 0.875 | 2.312 |
| Labour induced | 0.303 | 0.310 | -0.574 | Another type of Christian | 0.068 | 0.053 | 2.424 | No heating | 0.011 | 0.010 | 0.498 |
| Labour duration (hours) | 8.632 | 9.059 | -1.560 | Hindu | 0.011 | 0.013 | -0.455 | Damp or condensation at home | 0.161 | 0.169 | -0.813 |
| Type Delivery: | | | | Muslim | 0.096 | 0.125 | -3.577 | Assets | | | |
| Normal | 0.898 | 0.907 | -1.185 | Other | 0.012 | 0.010 | 0.503 | Telephone | 0.960 | 0.915 | 6.817 |
| Forceps | 0.039 | 0.036 | 0.535 | Ethnicity | 0.860 | 0.812 | 4.982 | Dishwasher | 0.227 | 0.145 | 8.157 |
| Vacuum | 0.066 | 0.061 | 0.763 | White | 0.009 | 0.016 | -2.373 | Own computer | 0.434 | 0.316 | 9.426 |
| Other | 0.008 | 0.006 | 1.068 | Mixed | 0.022 | 0.021 | 0.361 | Tumble dryer | 0.610 | 0.566 | 3.369 |
| Pain relief: | | | | Indian | 0.077 | 0.097 | -2.717 | Own/access to car | 0.772 | 0.661 | 9.361 |
| None | 0.103 | 0.104 | -0.104 | Pakistani/Bangladeshi | 0.022 | 0.021 | 0.361 | Noisy Neighbours | 0.076 | 0.110 | -4.447 |
| Gas and air | 0.796 | 0.790 | 0.507 | Black | 0.023 | 0.039 | -3.339 | Fairly common | 0.117 | 0.135 | -2.086 |
| Pethidine | 0.356 | 0.352 | 0.305 | Other | 0.009 | 0.016 | -2.491 | Not very common | 0.411 | 0.379 | 2.498 |
| Epidural | 0.196 | 0.215 | -1.771 | Mother's Mother is still alive | 0.936 | 0.925 | 1.612 | Not at all common | 0.397 | 0.376 | 1.613 |
| General anaesthetic | 0.003 | 0.002 | 0.143 | Lived away from home before 17 | 0.182 | 0.238 | -5.218 | Rubbish and litter in the area | | | |
| TENS | 0.087 | 0.052 | 5.335 | Mothers Health and Lifestyle | | | | Very common | 0.134 | 0.178 | -4.580 |
| Other | 0.038 | 0.028 | 2.301 | Smoked during pregnancy (# avg. cig. per day) | 3.371 | 4.008 | -3.930 | Fairly common | 0.216 | 0.232 | -1.458 |
| Complication: | | | | Drank during pregnancy | 0.263 | 0.226 | 3.363 | Not very common | 0.381 | 0.349 | 2.573 |
| None | 0.754 | 0.773 | -1.707 | Longstanding illness | 0.217 | 0.183 | 3.238 | Not at all common | 0.268 | 0.241 | 2.417 |
| Breech | 0.019 | 0.020 | -0.483 | Limiting longstanding illness | 0.101 | 0.097 | 0.602 | Vandalism/damage to property in the area | | | |
| Other abnormal | 0.003 | 0.004 | -0.392 | If mother has ever had | | | | Very common | 0.101 | 0.125 | -2.796 |
| Very long labour | 0.045 | 0.051 | -1.025 | Migraine | 0.230 | 0.210 | 1.802 | Fairly common | 0.154 | 0.170 | -1.653 |
| Very rapid labour | 0.030 | 0.019 | 2.617 | Hayfever or persistent runny nose | 0.236 | 0.234 | 0.217 | Not very common | 0.409 | 0.390 | 1.475 |
| Foetal distress (heart) | 0.077 | 0.065 | 1.911 | Bronchitis | 0.075 | 0.065 | 1.535 | Not at all common | 0.336 | 0.316 | 1.667 |
| Foetal distress (meconium) | 0.039 | 0.034 | 0.982 | Asthma | 0.180 | 0.167 | 1.362 | Garden | | | |
| Other | 0.081 | 0.074 | 1.031 | Eczema | 0.191 | 0.165 | 2.611 | Own garden | 0.855 | 0.765 | 8.728 |
| Baby | | | | Back Pain/lumbago/sciatica | 0.221 | 0.200 | 1.922 | Shared garden | 0.033 | 0.062 | -5.090 |
| Female | 0.508 | 0.482 | 2.005 | Fits/convulsions/epilepsy | 0.022 | 0.030 | -2.019 | Social Assistance | | | |
| Birth weight (kg) | 3.370 | 3.337 | 2.527 | Diabetes | 0.012 | 0.009 | 1.079 | Child Tax Credit | 0.149 | 0.098 | 6.032 |
| Breastfeeding 90 days | 0.262 | 0.186 | 7.059 | Cancer | 0.010 | 0.010 | 0.283 | Working Families Tax Credit | 0.254 | 0.235 | 1.687 |
| Born during weekend | 0.430 | 0.415 | 1.161 | Digestive or Bowel disorders | 0.080 | 0.071 | 1.352 | Income Support | 0.246 | 0.380 | -11.006 |
| Premature | 0.044 | 0.047 | -0.642 | Diabetes during pregnancy | 0.008 | 0.006 | 0.870 | Jobseekers Allowance | 0.044 | 0.049 | -0.891 |
| Length of gestation (days) | 279.3 | 278.8 | 1.8 | Mothers Socioeconomic Status | | | | Housing Benefit | 0.223 | 0.308 | -7.314 |
| Present at birth | | | | Working during pregnancy | 0.553 | 0.431 | 9.389 | Council Tax Benefit | 0.210 | 0.282 | -6.315 |
| Father | 0.820 | 0.755 | 6.035 | Live in house | 0.858 | 0.772 | 8.446 | Invalid Care Allowance | 0.016 | 0.012 | 1.486 |
| Mother's friend | 0.042 | 0.062 | -3.338 | # rooms | 5.125 | 4.846 | 8.060 | | | | |

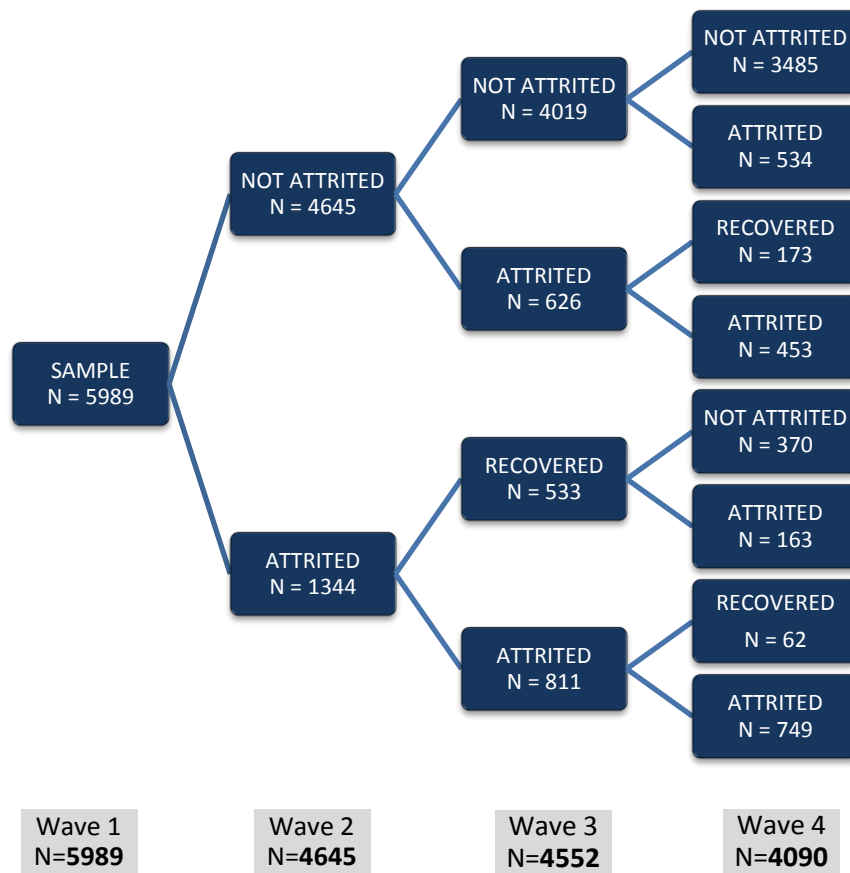
Notes. Figures in columns titled "Non-attriters" and "Attriters" are sample means of the variable listed under the column titled "Variable". The t-statistic of the difference between the means listed in these two columns is shown under the column titled "t-stat diff". Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. Attriters=1 if attrit from the survey in at least 1 wave; Non-attriters=1 if never attrit from the survey. All variables are dummy variables, with the exception of birth weight, length of gestation, mother's age, smoked during pregnancy and # rooms. Number of observations: 5989. Source: Millennium Cohort Study.

Table VI.16. Effect of Breastfeeding on Cognitive Outcomes at Ages 5

| | 5 years outcomes | | | 5 years outcomes based on sample available at 7 years (MCS4) | | |
|---|---------------------|---------------------|--------------------|--|---------------------|--------------------|
| | Expressive Language | Pictorial Reasoning | Visuo-Spatial | Expressive Language | Pictorial Reasoning | Visuo-Spatial |
| <i>Panel A: Exclusion Restriction Exposure to Weekend</i> | | | | | | |
| NTSLS | 11.608* (4.815) | 5.229 (3.993) | 13.517* (6.641) | 6.004 (4.857) | 2.547 (4.070) | 12.538 (6.824) |
| TSLs | 20.241 (18.357) | 13.581 (14.690) | 22.198 (24.178) | 10.584 (12.770) | 4.973 (10.792) | 31.949 (20.518) |
| OLS | 1.223* (0.539) | 0.880* (0.441) | 0.796 (0.723) | 1.235* (0.570) | 1.069* (0.477) | 0.924 (0.780) |
| F statistic | 6.045 | 6.261 | 6.134 | 7.961 | 8.295 | 8.063 |
| P-Value Joint | 0.0140 | 0.0124 | 0.0133 | 0.0048 | 0.0040 | 0.0045 |
| Mean | 104.1 | 80.24 | 85.43 | 104.7 | 80.50 | 86.29 |
| SD | 15.64 | 11.75 | 19.70 | 15.35 | 11.71 | 19.17 |
| Observations | 4347 | 4353 | 4331 | 3687 | 3691 | 3676 |
| <i>Panel B: Exclusion Restriction Polynomial in Hour</i> | | | | | | |
| NTSLS | 10.235* (4.568) | 5.478 (3.850) | 14.530* (6.330) | 4.586 (4.585) | 3.209 (3.902) | 13.185* (6.492) |
| TSLs | 5.841 (11.532) | 9.464 (10.224) | 23.297 (16.846) | 1.833 (10.079) | 6.349 (8.900) | 31.519 (16.669) |
| OLS | 1.223* (0.539) | 0.880* (0.441) | 0.796 (0.723) | 1.235* (0.570) | 1.069* (0.477) | 0.924 (0.780) |
| F statistic | 2.967 | 3.055 | 3.136 | 3.530 | 3.672 | 3.572 |
| P-Value Joint | 0.0308 | 0.0273 | 0.0244 | 0.0143 | 0.0117 | 0.0135 |
| Mean | 104.1 | 80.24 | 85.43 | 104.7 | 80.50 | 86.29 |
| SD | 15.64 | 11.75 | 19.70 | 15.35 | 11.71 | 19.17 |
| Observations | 4347 | 4353 | 4331 | 3687 | 3691 | 3676 |

Notes. Each cell reports coefficient of breastfeeding for at least 90 days from separate regressions in which the dependent variable is listed at the top of the column and the estimation method is listed in the left hand column (NTSLS denotes non-linear two-stage least squares; TSLs denotes two-stage least squares; OLS denotes ordinary least squares). Control variables are the same as in Table 5. In panel A the exclusion restriction from the second-stage regressions is exposure to weekend while in Panel B is the cubic polynomial in hour. F statistic and P-value correspond to the null hypothesis that the coefficient(s) on the excluded variable(s) is zero, as estimated from an OLS regression where the dependent variable is breastfeeding for at least 90 days, and controls are as noted already. Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

Figure VI. 1. Attrition and Recovery by Wave for Low Educated Mothers



The figure shows how the initial sample of 5989 children born naturally (excludes C-sections) who have not been in intensive care and whose mother is low educated (NVQ level 2 or less, or unknown NVQ level but left school before age 17) have attrited and recovered. Attrition is defined as equal to 1 if child was not observed in the subsequent wave and 0 otherwise.

Appendix VII: Additional Tables

Table VII.1. Polynomial in Hour. Effect of Breastfeeding on Indices at Different Quantiles

| Percentile | 10 | 25 | 50 | 75 | 90 |
|---------------------|--------------------|-------------------|-------------------|-------------------|-------------------|
| Cognitive Index | 1.186** (0.454) | 0.676* (0.345) | 0.448 (0.309) | 0.322 (0.294) | 0.178 (0.429) |
| Non-cognitive Index | 0.646 (0.658) | 0.042 (0.514) | 0.054 (0.414) | 0.104 (0.390) | -0.225 (0.420) |
| Health Index | -0.132 (0.298) | 0.039 (0.218) | -0.214 (0.152) | -0.057 (0.112) | -0.022 (0.092) |

Notes. Each cell reports the coefficient of a quantile regression of each index on breastfeeding, additional control variables and a sixth-order polynomial of the first stage residuals (control function). The exclusion restriction is a cubic polynomial in Hour. The percentile is indicated at the top of the column. Control variables are the same as in Table 4. Bootstrapped standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

Table VII.2. Exposure to Weekend. Effect of Breastfeeding on Parenting Activities for child at 5 years old

| | [1] | [2] | [3] | [4] | [5] | [6] | [7] |
|---------------------|-------------------------|------------------------|--------------------------------------|-----------------------------------|---|------------------------------------|---------------------------|
| Estimation Method ↓ | Read to child every day | tell stories every day | perform musical activities every day | draws/paints with child every day | plays physically active games every day | plays games/toys indoors every day | Home learning Environment |
| NTSLS | 0.029 (0.175) | -0.050 (0.116) | 0.093 (0.169) | 0.098 (0.097) | -0.053 (0.090) | -0.057 (0.150) | -0.131 (2.480) |
| TSLs | 0.344 (0.530) | 0.135 (0.340) | 0.666 (0.560) | 0.313 (0.316) | -0.047 (0.269) | -0.403 (0.457) | 0.230 (7.196) |
| OLS | 0.057** (0.019) | 0.012 (0.013) | 0.046* (0.018) | 0.008 (0.011) | 0.006 (0.010) | 0.021 (0.016) | 0.860** (0.277) |
| F statistic | 7.560 | 7.534 | 7.603 | 7.560 | 7.607 | 7.607 | 7.768 |
| P-value | 0.0060 | 0.0061 | 0.0059 | 0.0060 | 0.0058 | 0.0058 | 0.0053 |
| Mean | 0.441 | 0.116 | 0.378 | 0.0841 | 0.0710 | 0.209 | 24.57 |
| SD | 0.497 | 0.321 | 0.485 | 0.278 | 0.257 | 0.407 | 7.287 |
| Observations | 4397 | 4396 | 4396 | 4397 | 4396 | 4396 | 4393 |

Notes. Each cell reports coefficient of breastfeeding for at least 90 days from separate regressions in which the dependent variable is listed at the top of the column. Columns 1-6 are coded as 0/1 dummy variables; Column 7, the Home learning environment, is the sum of the frequency of each of the activities reported in columns 1-6 (where 1="occasionally"...7="7 times per week/constantly" (except in the case of library where 7="once a week")), taking a maximum value of 42. The estimation method is listed in the left hand column (NTSLS denotes non-linear two-stage least squares; TSLs denotes two-stage least squares; OLS denotes ordinary least squares). Control variables are the same as in Table 5. Exposure to weekend is excluded from the second-stage regressions. F statistic and P-value correspond to the null hypothesis that the coefficient on the excluded variable is zero, as estimated from an OLS regression where the dependent variable is breastfeeding for at least 90 days, and controls are as noted already. Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

Table VII.3. Exposure to Weekend. Effect of Breastfeeding on Parenting Activities for child at 7 years old

| | [1] | [2] | [3] | [4] | [5] | [6] | [7] |
|---------------------|-------------------------|------------------------|--------------------------------------|-----------------------------------|---|------------------------------------|---------------------------|
| Estimation Method ↓ | Read to child every day | tell stories every day | perform musical activities every day | draws/paints with child every day | plays physically active games every day | plays games/toys indoors every day | Home learning Environment |
| NTSLS | 0.175 (0.161) | 0.107 (0.097) | 0.243 (0.166) | -0.018 (0.072) | 0.094 (0.084) | -0.037 (0.103) | 3.098 (2.584) |
| TSLs | 0.041 (0.440) | 0.454 (0.307) | -0.083 (0.434) | -0.006 (0.192) | 0.006 (0.213) | 0.150 (0.281) | -2.614 (6.921) |
| OLS | 0.027 (0.020) | -0.008 (0.011) | 0.011 (0.019) | 0.009 (0.008) | -0.002 (0.009) | 0.005 (0.012) | 0.627* (0.308) |
| F statistic | 8.567 | 8.498 | 8.506 | 8.567 | 8.567 | 8.567 | 8.364 |
| P-value | 0.0034 | 0.0036 | 0.0036 | 0.0034 | 0.0034 | 0.0034 | 0.0039 |
| Mean | 0.343 | 0.0802 | 0.315 | 0.0403 | 0.0525 | 0.0910 | 21.20 |
| SD | 0.475 | 0.272 | 0.465 | 0.197 | 0.223 | 0.288 | 7.518 |
| Observations | 3944 | 3942 | 3943 | 3944 | 3943 | 3944 | 3940 |

Notes. Each cell reports coefficient of breastfeeding for at least 90 days from separate regressions in which the dependent variable is listed at the top of the column. Columns 1-6 are coded as 0/1 dummy variables; Column 7, the Home learning environment, is the sum of the frequency of each of the activities reported in columns 1-6 (where 1="occasionally"...7="7 times per week/constantly" (except in the case of library where 7="once a week")), taking a maximum value of 42. The estimation method is listed in the left hand column (NTSLS denotes non-linear two-stage least squares; TSLs denotes two-stage least squares; OLS denotes ordinary least squares). Control variables are the same as in Table 5. Exposure to weekend is excluded from the second-stage regressions. F statistic and P-value correspond to the null hypothesis that the coefficient on the excluded variable is zero, as estimated from an OLS regression where the dependent variable is breastfeeding for at least 90 days, and controls are as noted already. Sample comprises low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

Table VII.4. Polynomial in Hour. Effects of Breastfeeding on Cognitive Index: Robustness

| | [1] | [2] | [3] | [4] | [5] | [6] | [7] |
|--|--------------------|--------------------|-------------------|--------------------|-------------------|-------------------|--------------------|
| NTSLS | 0.451** (0.170) | 0.507** (0.187) | 0.365* (0.160) | 0.446** (0.167) | 0.401* (0.164) | 0.481* (0.192) | 0.369** (0.143) |
| First Stage F-statistic | 3.728 | 3.154 | 4.459 | 3.807 | 3.852 | 3.728 | 3.728 |
| Observations | 5015 | 3482 | 5588 | 5015 | 5015 | 5015 | 5015 |
| [1] Include labour inductions | Y | N | Y | Y | Y | Y | Y |
| [2] Include emergency Caesareans | N | N | Y | N | N | N | N |
| [3] Control for polynomial in hour within the day (0-24) | N | N | N | Y | N | N | N |
| [4] Control for hour of birth dummies | N | N | N | N | Y | N | N |
| [5] Include imputed data | N | N | N | N | N | Y | N |
| [6] Control for hospital fixed effects | Y | Y | Y | Y | Y | Y | N |

Notes. Each cell reports coefficient of breastfeeding for at least 90 days from separate regressions in which the dependent variable is Cognitive Index and the estimation method is NTSLS (non-linear two-stage least squares). Control variables are the same as in Table 5. Cubic polynomial in hour is excluded from the second-stage regressions. F statistic and P-value correspond to the null hypothesis that the coefficients on the third order polynomial in hour are jointly zero, as estimated from an OLS regression where the dependent variable is breastfeeding for at least 90 days, and controls are as noted already. Main sample contains low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. Robustness exercise is indicated in the bottom rows. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

Table VII.5. Exposure to Weekend. Effects of Breastfeeding on Non-Cognitive Index: Robustness

| | [1] | [2] | [3] | [4] | [5] | [6] | [7] |
|--|------------------|------------------|------------------|------------------|------------------|------------------|------------------|
| NTSLS | 0.320 (0.226) | 0.331 (0.259) | 0.397 (0.214) | 0.321 (0.224) | 0.287 (0.225) | 0.296 (0.260) | 0.231 (0.193) |
| First Stage F-statistic | 5.701 | 2.420 | 6.688 | 5.570 | 5.733 | 5.701 | 5.701 |
| Observations | 4957 | 3424 | 5525 | 4957 | 4957 | 4957 | 4957 |
| [1] Include labour inductions | Y | N | Y | Y | Y | Y | Y |
| [2] Include emergency Caesareans | N | N | Y | N | N | N | N |
| [3] Control for polynomial in hour within the day (0-24) | N | N | N | Y | N | N | N |
| [4] Control for hour of birth dummies | N | N | N | N | Y | N | N |
| [5] Include imputed data | N | N | N | N | N | Y | N |
| [6] Control for hospital fixed effects | Y | Y | Y | Y | Y | Y | N |

Notes. Each cell reports coefficient of breastfeeding for at least 90 days from separate regressions in which the dependent variable is Non-cognitive Index and the estimation method is NTSLS (non-linear two-stage least squares). Control variables are the same as in Table 5. Exposure to weekend is excluded from the second-stage regressions. F statistic and P-value correspond to the null hypothesis that the coefficient on the excluded variable is zero, as estimated from an OLS regression where the dependent variable is breastfeeding for at least 90 days, and controls are as noted already. Main sample contains low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. Robustness exercise is indicated in the bottom rows. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

Table VII.6. Polynomial in Hour. Effects of Breastfeeding on Non-Cognitive Index: Robustness

| | [1] | [2] | [3] | [4] | [5] | [6] | [7] |
|--|------------------|------------------|-------------------|------------------|------------------|------------------|------------------|
| NTSLS | 0.347 (0.215) | 0.337 (0.229) | 0.407* (0.204) | 0.348 (0.212) | 0.316 (0.212) | 0.328 (0.247) | 0.248 (0.186) |
| First Stage F-statistic | 3.094 | 2.640 | 3.769 | 3.129 | 3.169 | 3.094 | 3.094 |
| Observations | 4957 | 3424 | 5525 | 4957 | 4957 | 4957 | 4957 |
| [1] Include labour inductions | Y | N | Y | Y | Y | Y | Y |
| [2] Include emergency Caesareans | N | N | Y | N | N | N | N |
| [3] Control for polynomial in hour within the day (0-24) | N | N | N | Y | N | N | N |
| [4] Control for hour of birth dummies | N | N | N | N | Y | N | N |
| [5] Include imputed data | N | N | N | N | N | Y | N |
| [6] Control for hospital fixed effects | Y | Y | Y | Y | Y | Y | N |

Notes. Each cell reports coefficient of breastfeeding for at least 90 days from separate regressions in which the dependent variable is Non-cognitive Index and the estimation method is NTSLS (non-linear two-stage least squares). Control variables are the same as in Table 5. Cubic polynomial in hour is excluded from the second-stage regressions. F statistic and P-value correspond to the null hypothesis that the coefficients on the third order polynomial in hour are jointly zero, as estimated from an OLS regression where the dependent variable is breastfeeding for at least 90 days, and controls are as noted already. Main sample contains low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. Robustness exercise is indicated in the bottom rows. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

Table VII.7. Exposure to Weekend. Effects of Breastfeeding on Health Index: Robustness

| | [1] | [2] | [3] | [4] | [5] | [6] |
|--|------------------|------------------|-------------------|------------------|------------------|-------------------|
| NTSLS | 0.026 (0.083) | 0.055 (0.094) | -0.006 (0.079) | 0.020 (0.083) | 0.022 (0.083) | -0.000 (0.075) |
| First Stage F-statistic | 8.580 | 4.116 | 9.443 | 8.419 | 8.428 | 8.580 |
| Observations | 5810 | 4033 | 6470 | 5810 | 5810 | 5810 |
| [1] Include labour inductions | Y | N | Y | Y | Y | Y |
| [2] Include emergency Caesareans | N | N | Y | N | N | N |
| [3] Control for polynomial in hour within the day (0-24) | N | N | N | Y | N | N |
| [4] Control for hour of birth dummies | N | N | N | N | Y | N |
| [5] Control for hospital fixed effects | Y | Y | Y | Y | Y | N |

Notes. Each cell reports coefficient of breastfeeding for at least 90 days from separate regressions in which the dependent variable is Health Index and the estimation method is NTSLS (non-linear two-stage least squares). Control variables are the same as in Table 5. Exposure to weekend is excluded from the second-stage regressions. F statistic and P-value correspond to the null hypothesis that the coefficient on the excluded variable is zero, as estimated from an OLS regression where the dependent variable is breastfeeding for at least 90 days, and controls are as noted already. Main sample contains low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. Robustness exercise is indicated in the bottom rows. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

Table VII.8. Polynomial in Hour. Effects of Breastfeeding on Health Index: Robustness

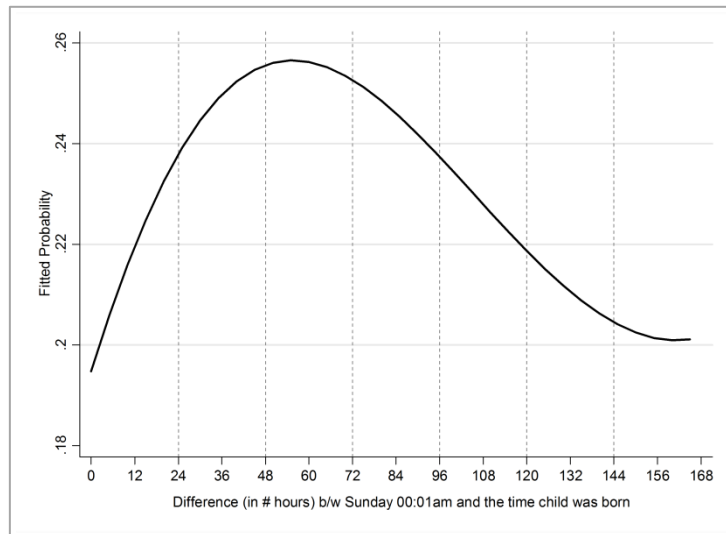
| | [1] | [2] | [3] | [4] | [5] | [6] |
|--|------------------|------------------|-------------------|-------------------|-------------------|-------------------|
| NTSLS | 0.007 (0.080) | 0.015 (0.086) | -0.015 (0.076) | -0.010 (0.079) | -0.004 (0.079) | -0.009 (0.073) |
| First Stage F-statistic | 4.713 | 4.246 | 5.535 | 4.718 | 4.703 | 4.713 |
| Observations | 5810 | 4033 | 6470 | 5810 | 5810 | 5810 |
| [1] Include labour inductions | Y | N | Y | Y | Y | Y |
| [2] Include emergency Caesareans | N | N | Y | N | N | N |
| [3] Control for polynomial in hour within the day (0-24) | N | N | N | Y | N | N |
| [4] Control for hour of birth dummies | N | N | N | N | Y | N |
| [5] Control for hospital fixed effects | Y | Y | Y | Y | Y | N |

Notes. Each cell reports coefficient of breastfeeding for at least 90 days from separate regressions in which the dependent variable is Health Index and the estimation method is NTSLS (non-linear two-stage least squares). Control variables are the same as in Table 5. Cubic polynomial in hour is excluded from the second-stage regressions. F statistic and P-value correspond to the null hypothesis that the coefficients on the third order polynomial in hour are jointly zero, as estimated from an OLS regression where the dependent variable is breastfeeding for at least 90 days, and controls are as noted already. Main sample contains low educated mothers (NVQ level 2 or less, or NVQ level unknown but left school before 17), and excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care after delivery. Robustness exercise is indicated in the bottom rows. Standard errors in parentheses: ** p<0.01, * p<0.05. Source: Millennium Cohort Study.

Appendix VII:

Figures

VII. 1. Breastfeeding by hour born, Low Educated Mothers



The horizontal axis shows the hour of birth within the week (0 corresponds to Sunday 00:01-00:59 and 163 to 23:00-23:59 on Saturday). The vertical axis shows the predicted probability that a child will be breastfed for at least 90 days computed using a Probit model estimated using a cubic polynomial on the variable in the horizontal axis and the same set of control variables as Table 4. The probability is estimated for the average value of the control variables. Sample comprises low educated mothers (NVQ level 2 or less, or unknown NVQ level but left school before age 17), but excludes children born through caesarean sections (either emergency or planned) and children placed in intensive care. Source: Millennium Cohort Study.