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SOCIOECONOMIC FACTORS ARE BECOMING 'BIOLOGICALLY EMBEDDED' IN CHILDREN'S BRAINS

BY JON HAMILTON

The most powerful factors affecting a child's brain development involve socioeconomic opportunities, according to a study in the journal Science.

The analysis of more than 2,300 9- and 10-year-olds found that environmental factors ranging from household income to education to neighborhood quality are associated with...

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DO I REALLY NEED TO WEAR SUNGLASSES EVERY TIME I GO OUTSIDE?

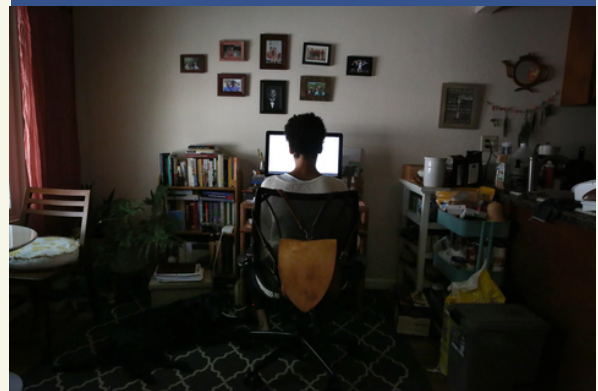
BY KARA MCGRATH

Q: I wear prescription eyeglasses, so I never use sunglasses when I'm outside (it's annoying to carry two pairs). Is this bad for my eyes?

Shielding your eyes from sun exposure is, as far as experts are concerned, not up for debate.

"Sunglasses are sunscreen for your eyes," said Laura Di Meglio, an assistant professor of ophthalmology at the Wilmer Eye Institute at Johns Hopkins Medicine. "They help protect your eyelids, the skin around your eyes and the surface of the eyes."

But do people who wear eyeglasses need a pair of sunnies, too? [Click here to read](#)



PEOPLE LOVE WORKING FROM HOME. BUT DOES IT LOVE THEM BACK? A NEW STUDY SAYS NO

BY RHITU CHATTERJEE

Remote work has soared in popularity since the COVID-19 pandemic. But, a new study suggests the practice has made workers more socially isolated, anxious and depressed compared to people who work in-person in offices and other settings.

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SCIENCE SUGGESTS CRINGEWORTHY DAD JOKES MAY SERVE A REAL PURPOSE

BY LINDSEY BEVER

When does a joke become a dad joke? When it becomes apparent.

At some point, you've probably been bamboozled by a good (or terrible) dad joke — those silly one-liners known for their pun-y, often groan-worthy humor. But there may be more to them than you think. Research suggests that humor may play a meaningful role in parenting, and shared laughter may help strengthen father-child bonds.

"It's a fun genre of humor because it's welcoming. It's kind of affable, it's good-natured, it's lighthearted," said Paul Silvia, a professor of psychology at the University of North Carolina at Greensboro.

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DUTCH CHILDREN ARE UNUSUALLY HAPPY AND HEALTHY. IS IT BECAUSE OF THIS WALKING RITUAL?

BY HANNAH DOCTER-LOEB

Once a year, Dutch kids, parents and teachers take part in a walking festival, heading out for four nights in a single week to explore their neighbourhoods, exercise and make friends. It's a tradition that seems to be genuinely transformative

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WHY SOCIAL CIRCLES SHRINK AND HOW TO BUILD THEM BACK UP

BY ANNA BORGES

Jean Edelstein is no stranger to starting over. The first time she felt she was rebuilding her social circle from scratch was over two decades ago in London, where she'd originally moved for grad school with a boyfriend. Things had dried up on every front: The friends she'd made in school left the city after graduation, the ones she shared with her partner disappeared after their breakup, and people at her new job weren't as open to socializing outside the office as she was.

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