

# The Effect of Children on Health.

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## Abstract

This paper analyses the causal effect of having children on parents' health. We use men and women from ages 45 to 90 with at least two children from the German Socio-Economic Panel data. Two stage least squares and quantile treatment effects are used for the analysis with twin birth at second as the instrument for having three or more children. Our results show that women who have a third child as a result of having twins at second birth tend to have a higher BMI. This also increases with age. Men on average also have a higher BMI but this increases from age 65 onwards. Men seem to benefit mentally in the long term with a third a child as a result of having twins at second birth. Physical health of both men and women are negatively affected.