**Declarations of interest**

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1. Anina Hewey is an employee of Fabretto Foundation. Her involvement in this study was limited to the writing of the grant submitted to Tinker Foundation and the coordination of the field staff in Nicaragua. She was not involved in the empirical evaluation or the writing of the paper.
2. Federico Ceballos Sierra and Dr. Mary Paula Arends-Kuenning have no personal or professional ties with Fabretto Foundation.

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