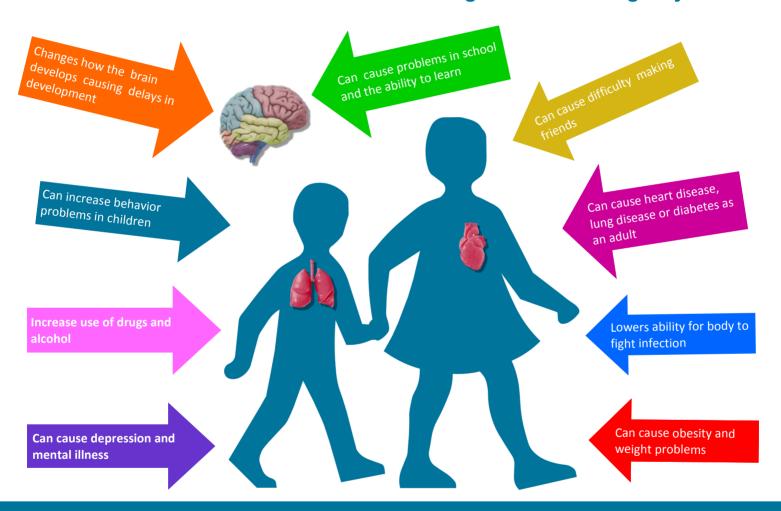
Adverse Childhood Experiences (ACEs)

They don't have to last a lifetime!

Adverse Childhood Experiences (ACEs) threaten a child's safety or security. Also called "trauma or toxic stress," they are unpleasant, hurtful experiences. They cause health problems as an adult. If you have ACEs as a child, you may pass the effects onto your children.

ACEs can affect health and well-being in the following ways:



Adverse Childhood Experiences can include:

- Emotional abuse
- Physical abuse
- Sexual abuse
- Emotional neglect
- Physical neglect
- Mother treated violently
- Household substance abuse
- Household mental illness
- Parental separation or divorce

- Household member in prison
- Bullying (by another child or adult)
- Witnessing violence outside the home
- Witness a brother or sister being abused
- Traumatic death of a family member
- Being homeless
- Natural disaster and war
- Traumatic medical procedure
- Ongoing financial hardships

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The presence of a warm, nurturing and responsive adult caregiver at home, in child care, or at school can reduce the effect of ACEs.

What do children need to overcome effects of ACEs?

Parental Resilience

- Gain an understanding of ACEs
- Acknowledge your own feelings
- Identify ways to help you deal with ACEs you have experienced
- Find community resources to

Social Connections

- Build friendships with other parents
- Talk about children and parenting with others
- Share joys and challenges of parenting
- Connect with family, friends or neighbors for support

Meeting Basic Needs

- Food
- Shelter
- Clothing
- Healthcare
- Education

Building Attachment and Nurturing Relationships

- Pay attention and listen to your child
- Provide safe and stable home life
- Respond to your child's needs
- Use positive discipline
- Praise your child

Knowledge of Parenting and Child Development

- Learn what to expect from your child as he/she grows
- Learn new parenting skills
- Provide structure and routine for your child
- Allow your child lots of time for outdoor play
- Play with your child

Building Social and Emotional Skills

- Help your child play with
- Help your child express his/her feelings
- Teach your child how to manage his/her emotions

For more information on ACEs, go to:

www.resiliencetrumpsaces.org www.buncombeaces.org

