

Supporting Children Impacted by Adversity

Adverse Childhood Experiences (ACEs) can lead to toxic stress. Toxic stress occurs when a child experiences prolonged or repeated stress without enough support.

Possible Signs of Trauma in Children

- Fearfulness
- Sleep problems or nightmares
- Bedwetting
- Mood changes
- Difficulty showing affection
- Avoidance of reminders
- Learning or focus difficulties

What does toxic stress impact?

- Toxic stress can impact:
 - Brain development
 - The immune system
 - The body's stress response system
- These changes may affect attention, decision making, and learning
- Ongoing stress can also make it harder for children to form healthy, stable relationships

How ACEs Affect Development

- Can lead to developmental trauma due to children's brains still developing
- Trauma affects areas of the brain responsible for:
 - Memory
 - Thinking and decision making
 - Emotional processing
- Severe or ongoing stress can keep the brain in survival mode
- Impacts how a child handles stress and challenges

