

Adverse Childhood Experiences

Healing Childhood Traumas



The Daily Wellness

HEALING AND PREVENTING ACE'S

Fortunately, a person can take many actions or efforts to reduce the negative impact of adverse childhood experiences. These "protective factors are conditions or attributes that, when present in families and communities, increase the well-being of children and families and reduce the likelihood of maltreatment." When adverse experiences can not be prevented, protective factors can insulate children from the most devastating effects of ACEs and support resilience in their systems.

MAKE EYE CONTACT

One of the easiest ways to show love to your kids is by giving them eye contact. Because of this, the more eye contact received, the more kids feel love. Eye contact is powerful and helps build a strong, loving relationship between kids and parents.

GIVE 20 SECONDS HUGS

A 20-second hug can

- increase levels of oxytocin (the love hormone)
- reduce blood pressure and cortisol (the stress hormone)
- increase happiness
- lower stress
- improve relationships and connection

LOOK FOR THE GOOD

When someone has experienced pain or trauma, it is easy to focus on the bad and constantly scan for danger. However, there is a lot of good to look for too. Try being grateful for all the little and big things in your life.

SAY "SORRY"

When we put aside feelings of shame and take responsibility and make things right with someone we love or care about, we — and our relationships — are better for it. Apologies are powerful. They bring us together.

HELPS KIDS AND ADULTS EXPRESS THEIR FEELINGS

Talking about your feelings validates that what you are experiencing is real and means something to you. It also allows you to respond appropriately and build deeper, more meaningful relationships with your friends, family, and loved ones.

SLOW DOWN

Slowing down in life can have many positive benefits. Taking the time to pause and reflect can help you identify areas that need more attention, make better decisions, reduce stress and anxiety, give you a greater gratitude for what you have, and even boost creativity.

PLAY AND MOVE

The right mix of physical activity, enough sleep and less time sitting (for example in front of screens) is good for learning, thinking, the growth of strong bones and muscles, and lots of other health benefits.

BE A SOURCES OF SAFETY AND SUPPORT

Feeling safe and valued is vital to a child's development. Feeling a sense of safety (physically, emotionally, and relational) is crucial to child development. It propels positive attachment, personal growth and contributes to the 5 development domains.

SHOW UP

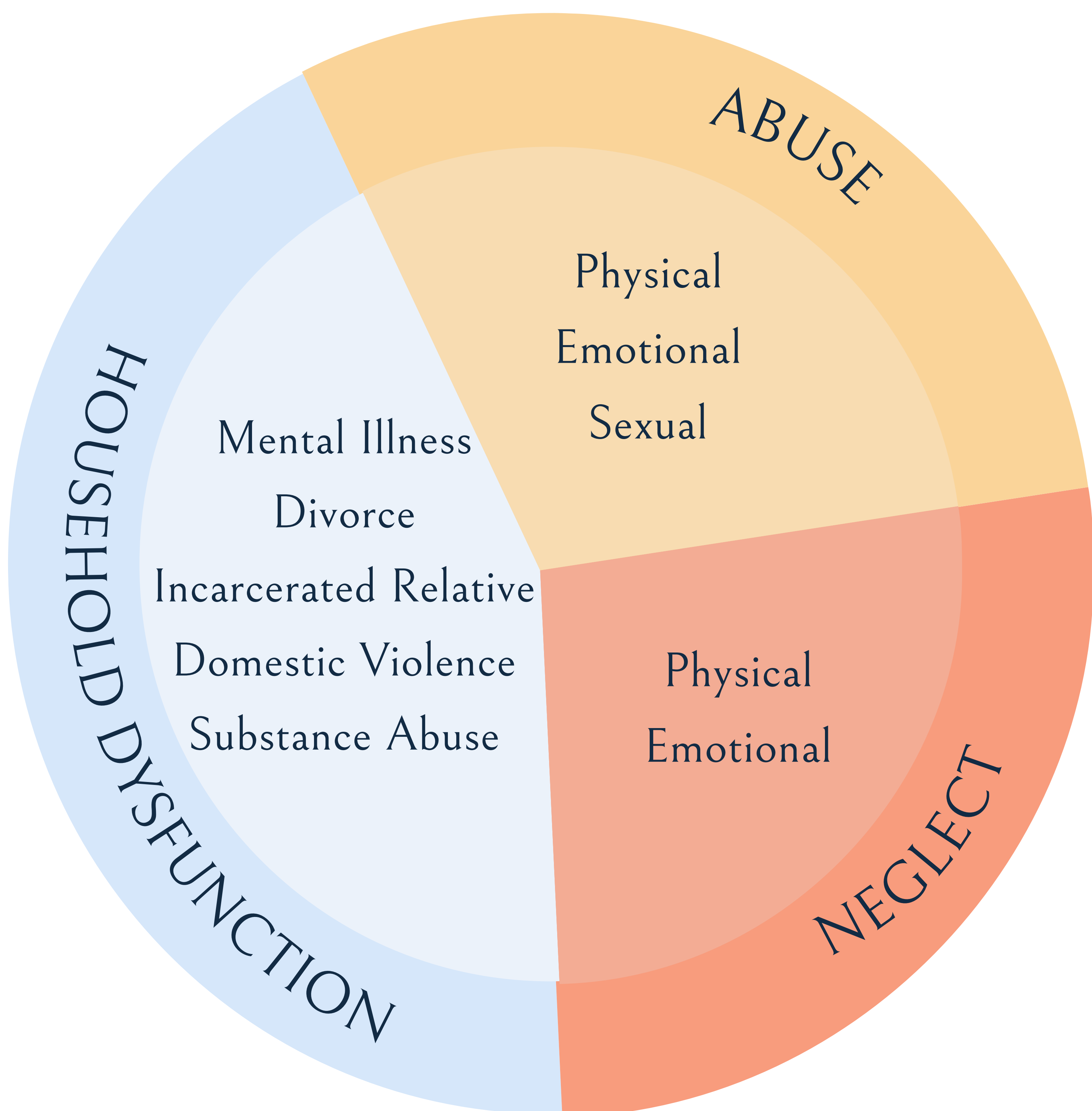
Showing up means bringing your whole being — your attention and awareness — when you're with your child. When we show up, we are mentally and emotionally present for our child in that moment. Parents who "show up" for their children help them feel safe, seen, soothed, and secure from birth through early adulthood.

KEEP LEARNING

Understand how ACEs impact you and your parenting. Then, heal from your trauma and pain. Active mindfulness techniques, such as those practiced during yoga, have been found to restore balance to the fight or flight response, which is often working overtime in the brains of people with ACEs.

ADVERSE CHILDHOOD EXPERIENCES

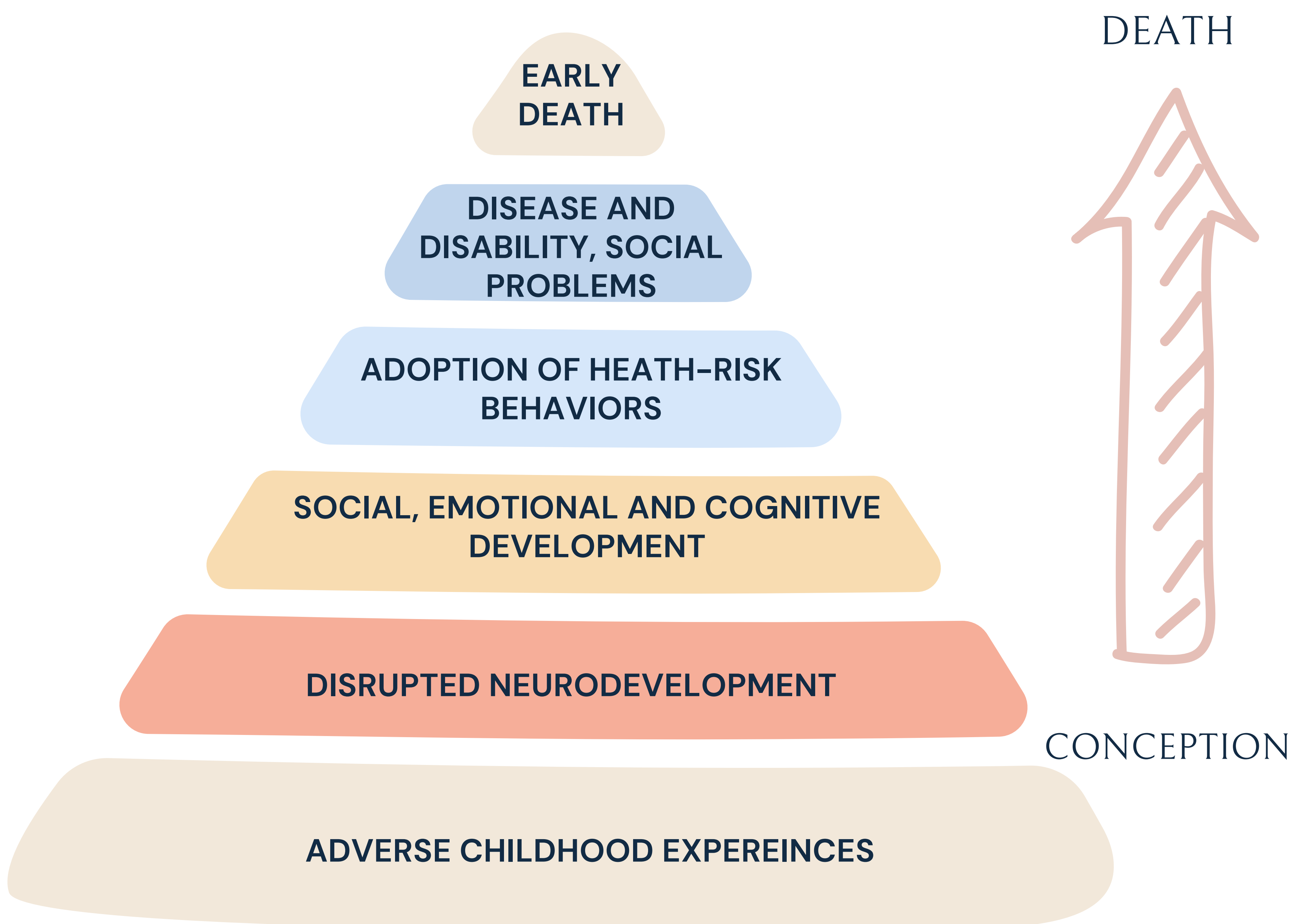
Adverse childhood experiences, or ACEs, refer to a range of stressful events or circumstances that children may experience during their childhood, such as all types of abuse and neglect, including parental substance use, incarceration, and domestic violence. ACEs can also include situations that may cause trauma for a child, such as having a parent with a mental illness or being part of a family going through a divorce. These negative experiences can tremendously impact various health conditions, including those of mental disorders.



A landmark study in the 1990s found a significant relationship between the number of ACEs a person experienced and a variety of negative outcomes in adulthood, including poor physical and mental health, substance use, and risky behaviors.

THE ACE PYRAMID

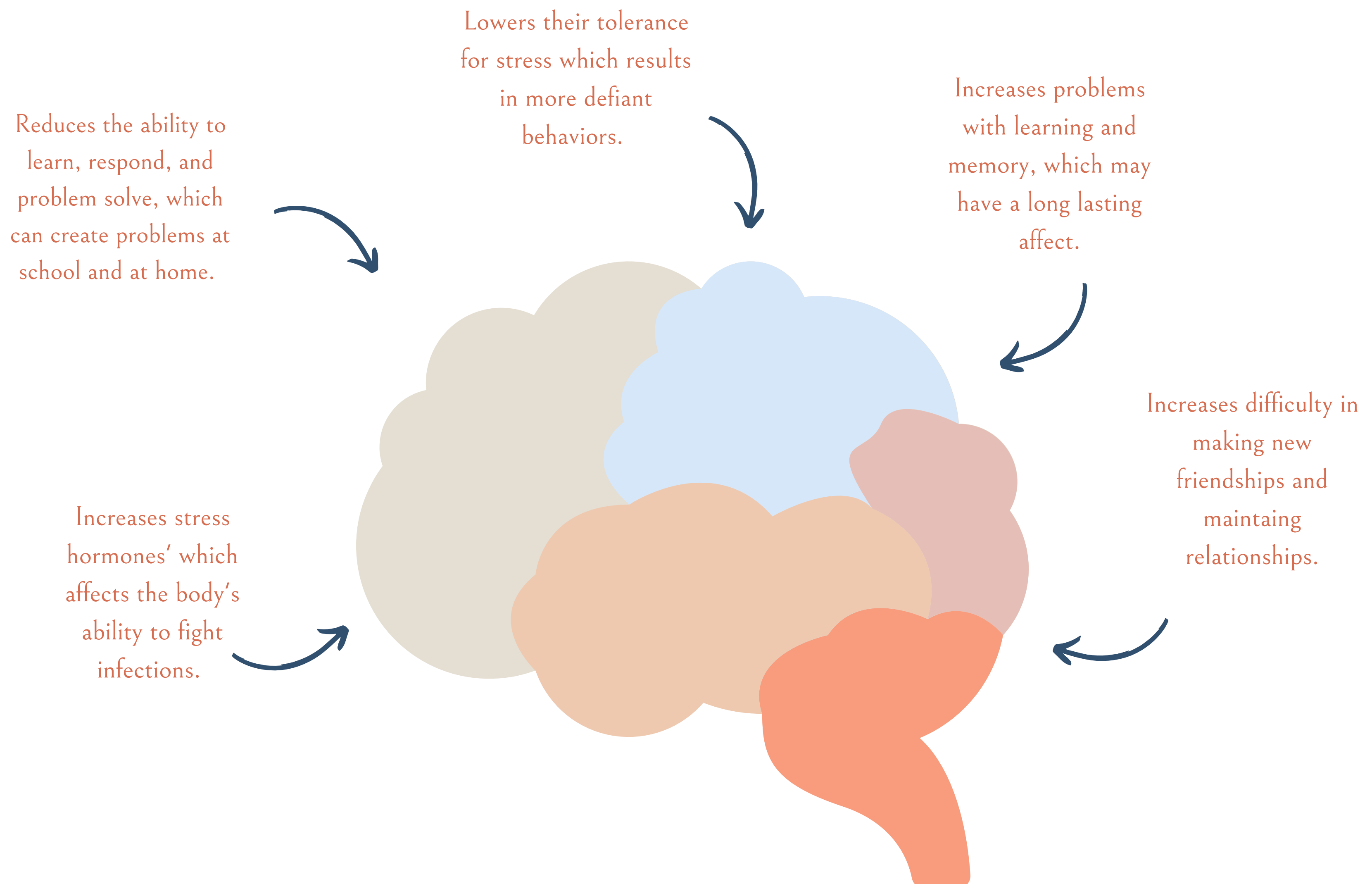
The ACE pyramid helps explain how ACEs are strongly related to developing risk factors for disease and disability throughout a lifespan. As the number of Adverse Childhood Experiences in a child's life increases, so does their risk of these outcomes.



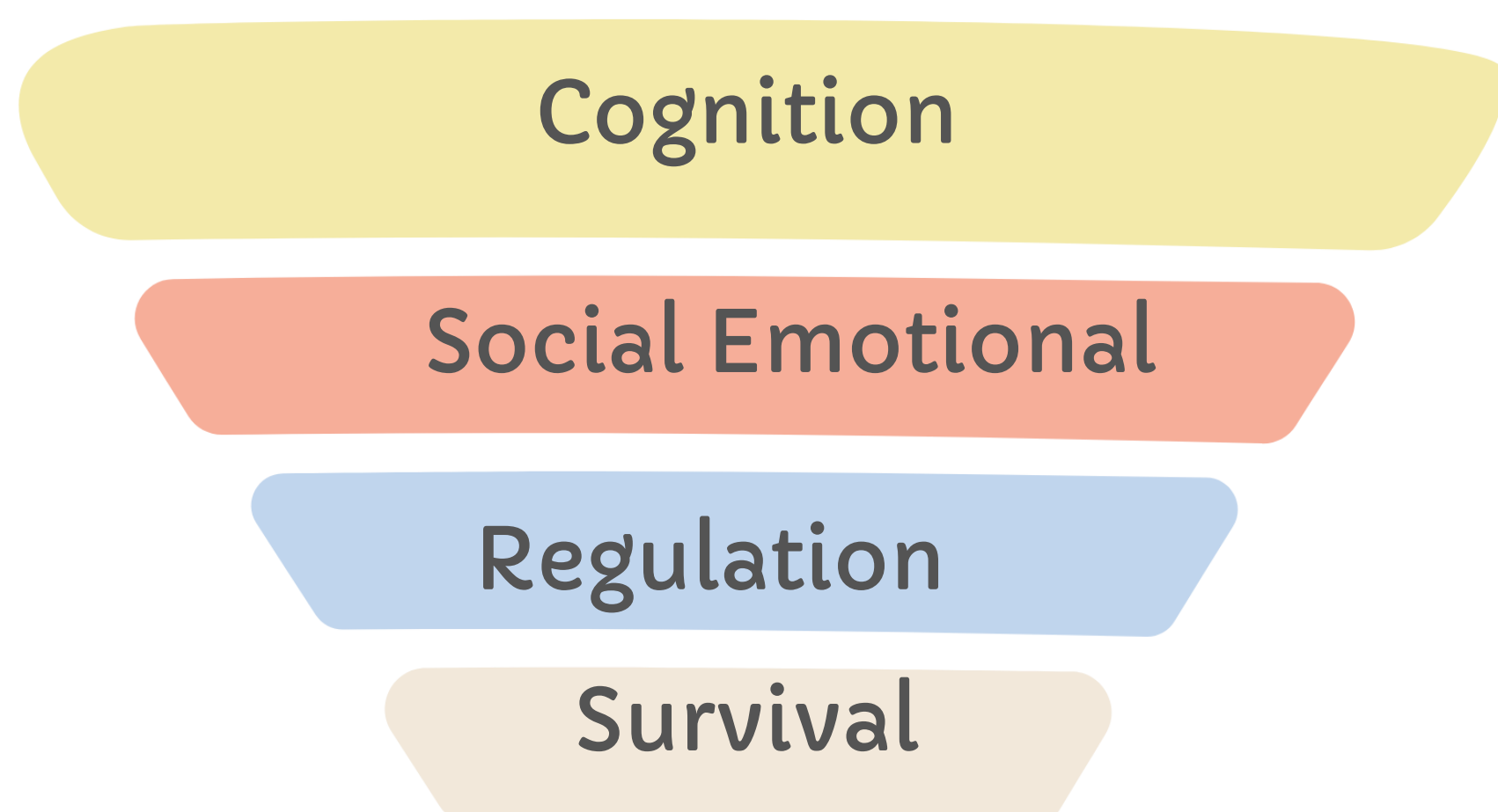
ACEs don't define your life or you. It is important to understand that there is an association and not causation of ACEs to later health outcomes. However, it outlines why work needs to happen to support young people who have experienced adversity and trauma.

ACE'S AND THE BRAIN

Early nurturing, responsive interactions build health brain architecture that serves as the foundation for health and well-being. Frequent and prolonged exposure to adverse childhood experiences can create toxic stress which can damage the developing brain of a child.



TYPICAL DEVELOPMENT



DEVELOPMENTAL TRAUMA

