Resilience can bring back health and hope.

What is resilience?
Resilience is the ability to return to being healthy and hopeful after bad things happen. Research shows that if parents, caretakers and community members provide a safe environment for children and teach them how to be resilient, that helps reduce the effects of Adverse Childhood Experiences.

Resilience trumps ACEs!

You can help children become resilient by:

- Creating safe and stable physical and emotional environments at home, school and in neighborhoods
- Assuring they have strong, nurturing and positive relationships with caring adults
- Helping them build strong social connections to their peers, schools and neighborhoods
- Helping them learn emotional and physical calming skills and role model them
- Providing them with opportunities to learn new skills such as riding a bike, playing a musical instrument, joining a sports team or club, children thrive when they learn new things

What are Adverse Childhood Experiences?
ACEs are serious childhood traumas - a list is shown below - that result in toxic stress that can harm a child’s brain. This toxic stress may prevent a child from learning, from playing in a healthy way with other children, and can result in long-term health problems.

Childhood Trauma can include:
- Loss of a parent to divorce, abandonment or death
- Household substance abuse
- Caregiver treated violently
- Household mental illness
- Incarceration of a parent or caregiver
- Emotional neglect
- Physical neglect
- Emotional abuse
- Sexual abuse
- Physical abuse

Trauma can also include many other circumstances such as witnessing an accident or crime, bullying, being homeless, discrimination, natural disasters and war... Trauma is experienced individually, caregivers need to know the signs!

Learn More

- Family Resources
  www.famres.org | 563.445.0557
- Child Abuse Council of the Quad Cities
  www.childabuseqc.org | 309.736.7170

Thanks to the Community and Family Services Division at the Spokane (WA) Regional Health District and ACES Connection (www.acesconnection.com) for their efforts in engaging parents and the community in ACE education.
Increases stress hormones called cortisol, which affects the body’s ability to stay healthy and may cause lasting health problems.

Exposure to childhood ACEs can increase the risk of:
- Unhealthy attachments with caregivers
- Running away
- Alcohol and drug abuse
- Depression or Anxiety
- Obesity
- School absence, suspensions and dropouts
- Problems with attention
- Dating violence/abusive relationships
- Sexually transmitted diseases (STD)
- Smoking
- Self-harm
- Unintended pregnancies
- Feeling that you don’t “fit in” with peers
- Lifelong health problems such as cancer and heart disease

Change the moment,
Change the future.

STRESS Frequent or prolonged exposure to Childhood trauma can create toxic stress which can damage the developing brain of a child and affect overall physical and emotional health.