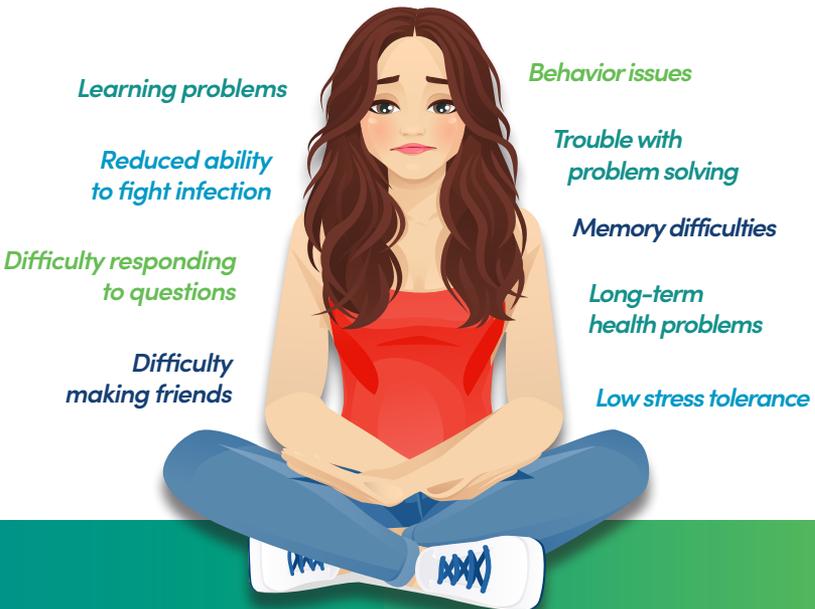


What are Adverse Childhood Experiences?

ACEs are potentially traumatic events that occur during childhood (0-17 years of age) such as physical, sexual and/or emotional abuse; witnessing violence in the home or community; growing up in a household that includes problematic substance use, mental illness, incarceration of a household member and/or instability due to divorce or parental separation. Although they occur in childhood, they can affect people as adults.

Where does it hurt?

Adverse Childhood Experiences can affect mental and physical health



ACEs can increase the risk of:

- Asthma
- Alcohol and substance abuse
- Depression
- Liver disease
- Heart Disease
- Intimate partner violence
- Sexually transmitted diseases
- Smoking
- Suicide attempts
- Unintended pregnancies

A little stress in childhood is beneficial. It can help children learn how to deal with bigger problems later in life. Examples of normal stress are starting at a new school or taking a math test. Toxic stress from serious adverse experiences in childhood such as neglect or abuse can make it difficult to learn in school or make friends and can result in lingering physical or mental health problems.

Helping children and adults heal from ACEs

It's never too late to feel better. Whether a parent suffered adverse experiences in their own childhood or their child is affected now, there are simple ways to reboot the brain and create new pathways for healing.



Nurture and protect kids

Understand how ACEs affect your own and your child's behavior, and learn how to deal with negative emotions and solve problems.

Be positive

ACEs set us up to be on the alert for danger. Instead, look for the good stuff in life.

Play with your kids

Go outside. Toss a ball. Make brownies. Play a board game. Connect with your kids in positive ways.



A hug a day

Hug your child for 20 seconds or more every day. It tells them you love them and that you're there for them.



Say "I'm sorry"

Anything can be repaired. Acknowledge your mistakes, apologize, and take responsibility.

Make eye contact

It may feel awkward at first, but looking your baby or child in the eye says that you love them, and they have your full attention.

Learn more

Take a parenting class, read a book, or watch a video. Learn about child development and parenting strategies.



Time out

Give yourself a break. Take a moment to relax when you feel stressed.



Show up

Time is the most important gift we can give our children. Doing things with our kids shows we care about them and want to be there.

Not ok is ok

All feelings are okay, even the tough ones. When kids are sad, upset, or angry, talk to them about how they feel.

Find more resources for adverse childhood experiences. Take a picture of this code with your phone, or go to SpringboardMD.org.



Springboard
COMMUNITY SERVICES

Set hope in motion.

For appointments, call 410.838.9000
SpringboardMD.org

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Reducing Adverse Childhood Experiences (ACEs) Grant is funded through Harford County Government—Local Management Board