

Childhood Resilience and Stress

An important and routine part of your child and family's health!

Adverse Childhood Experiences (ACEs)

These are serious childhood experiences that result in toxic stress that can harm a child's brain. None of us grew up in perfect families without any stress, and some of us grew up in unsafe and dysfunctional homes with a lot of trauma. The experiences that result in toxic stress can harm a child's brain and make it difficult for them to learn, play, be social, and develop in healthy ways, and can also result in long-term health problems.

See reverse side for more information

Why is this important to talk about?

How ACEs affect your child's health

- Difficulties in school
- Difficulties making and keeping friends
- Lowers tolerance for stress, resulting in behavioral challenges
- Can cause short-term and lifelong health problems

How ACEs affect your ability to parent the way you want

- Difficulties managing behavioral challenges and responding to stress
- Difficulty having a strong support network
- Difficulty staying healthy to go to work and be a good parent

What can I do about this to help my child?

Resilience wins against ACEs!

Resilience is the ability to return to being healthy and hopeful after bad things happen. An unsafe or dysfunctional home is only part of anyone's story. We know that for people that have stressful or adverse experiences growing up, if they have parents or loved ones who provide a safe environment and help teach them how to be resilient, the effects of ACEs are reduced.

We can help our children (and ourselves) become more resilient by:

- Understanding and becoming more aware of ACEs, for both children and our own past experiences as children and how they affect us now as adults
- Helping children identify feelings and manage emotions
- Learning to better identify our own adult feelings and emotions
- Create safe physical and emotional environments at home, in school, and in communities

These are important issues, just like growth, nutrition, and sleep, so we're going to discuss these topics regularly.

Please see below for more!

Resources at Oregon City Pediatrics:

- Meet with and schedule appointment to work with our integrated behavioral health specialist, Dr. Tim Galuza
- Ask for more information about ACEs, parenting tips, and community resources

Information about ACEs

- **Adverse Childhood Experiences (ACEs) can include:**
 - Emotional, physical, or sexual abuse
 - Emotional or physical neglect
 - Mother or parent treated violently
 - Household substance use or mental illness
 - Parental separation or divorce
 - Incarcerated household member
 - Bullying (by another child or adult)
 - Witnessing violence in or outside of home
 - Witnessing a brother or sister be abused
 - Racism, sexism, or any other form of discrimination
 - Being homeless
 - Natural disasters or war
- **Resources:**
 - ACES 101: <https://acestoohigh.com/aces-101>
 - CDC ACEs Study: <https://www.cdc.gov/violenceprevention/acestudy/>

Information about Resilience

- **What does resilience mean and look like?**
 - Have resilient parents
 - Building secure attachments and nurturing relationships
 - Building social connection
 - Meeting basic needs
 - Learning about parenting and how children develop
 - Building social and emotional skills
- **Resources:**
 - www.resiliencetrumpsACEs.org
 - The Seven "C's"- Building Blocks of Resiliency

Information about Parenting

- **Resources:**
 - Triple-P Parenting: www.triplep-parenting.net/glo-en/home/
 - Zero to Three Guides for parents: www.zerotothree.org
 - Positive Parenting Pyramid