



Adverse Childhood Experiences (ACEs)

What are ACEs?

ACEs are significant childhood traumas which can result in changes in brain development. These brain adaptations may affect learning ability and social skills, and can result in long-term health problems.

Moving Beyond ACEs

ACEs do not determine a life course. Factors that contribute to resilience and healing include:

- caring and supportive relationships
- the capacity to manage strong feelings; skill in communicating and problem solving
- the development of a cohesive narrative making sense of one's life journey

Trauma Informed Practice

A trauma informed lens shifts our thinking about behavior from "what's wrong with you?" to "what happened to you?" Asking yourself and others empowering questions is a helpful way to start addressing trauma in community. Some things to consider:

- What are you committed to?
- What's stopping you?
- Who can help you with that?
- What impact do you want to have?

**Minnesota Communities
Caring for Children
1-800-CHILDREN
www.pcamn.org**



Adverse Childhood Experiences (ACEs)

What are ACEs?

ACEs are significant childhood traumas which can result in changes in brain development. These brain adaptations may affect learning ability and social skills, and can result in long-term health problems.

Moving Beyond ACEs

ACEs do not determine a life course. Factors that contribute to resilience and healing include:

- caring and supportive relationships
- the capacity to manage strong feelings; skill in communicating and problem solving
- the development of a cohesive narrative making sense of one's life journey

Trauma Informed Practice

A trauma informed lens shifts our thinking about behavior from "what's wrong with you?" to "what happened to you?" Asking yourself and others empowering questions is a helpful way to start addressing trauma in community. Some things to consider:

- What are you committed to?
- What's stopping you?
- Who can help you with that?
- What impact do you want to have?

**Minnesota Communities
Caring for Children
1-800-CHILDREN
www.pcamn.org**



Adverse Childhood Experiences (ACEs)

What are ACEs?

ACEs are significant childhood traumas which can result in changes in brain development. These brain adaptations may affect learning ability and social skills, and can result in long-term health problems.

Moving Beyond ACEs

ACEs do not determine a life course. Factors that contribute to resilience and healing include:

- caring and supportive relationships
- the capacity to manage strong feelings; skill in communicating and problem solving
- the development of a cohesive narrative making sense of one's life journey

Trauma Informed Practice

A trauma informed lens shifts our thinking about behavior from "what's wrong with you?" to "what happened to you?" Asking yourself and others empowering questions is a helpful way to start addressing trauma in community. Some things to consider:

- What are you committed to?
- What's stopping you?
- Who can help you with that?
- What impact do you want to have?

**Minnesota Communities
Caring for Children
1-800-CHILDREN
www.pcamn.org**



Adverse Childhood Experiences (ACEs)

What are ACEs?

ACEs are significant childhood traumas which can result in changes in brain development. These brain adaptations may affect learning ability and social skills, and can result in long-term health problems.

Moving Beyond ACEs

ACEs do not determine a life course. Factors that contribute to resilience and healing include:

- caring and supportive relationships
- the capacity to manage strong feelings; skill in communicating and problem solving
- the development of a cohesive narrative making sense of one's life journey

Trauma Informed Practice

A trauma informed lens shifts our thinking about behavior from "what's wrong with you?" to "what happened to you?" Asking yourself and others empowering questions is a helpful way to start addressing trauma in community. Some things to consider:

- What are you committed to?
- What's stopping you?
- Who can help you with that?
- What impact do you want to have?

**Minnesota Communities
Caring for Children
1-800-CHILDREN
www.pcamn.org**

Six Protective Factors for Families and Children

1. Parental Resilience A parent's capacity for resilience can affect how a parent deals with stress. Resilience is the ability to manage and bounce back from challenges that emerge in every family's life. It means finding ways to solve problems, and knowing how to seek help when necessary.

2. Social Connections Friends, family members, neighbors, and community members provide emotional support, help solve problems, offer parenting advice and give concrete assistance to parents. Isolated families may need extra help in reaching out to build positive relationships.

3. Concrete Support in Times of Need Meeting basic economic needs like food, shelter, clothing and health care is essential for families to thrive. Likewise, when families encounter a crisis such as domestic violence, mental illness or substance abuse, adequate services and supports need to be in place to provide stability, treatment and help for family members to get through the crisis.

4. Knowledge of Parenting and Child Development Accurate information about child development and appropriate expectations for children's behavior at every age help parents see their children and youth in a positive light and promote their healthy development. Parents who experienced harsh discipline or other negative childhood experiences may need extra help to change the parenting patterns they learned as children.

5. Social and Emotional Competence of Children A child or youth's ability to interact positively with others, self-regulate their behavior and effectively communicate their feelings has a positive impact on their relationships with their family, other adults, and peers.

6. Nurturing and Attachment When parents and children have strong, warm feelings for one another, children develop trust that their parents will provide what they need to thrive, including love, acceptance, positive guidance, and protection.

Six Protective Factors for Families and Children

1. Parental Resilience A parent's capacity for resilience can affect how a parent deals with stress. Resilience is the ability to manage and bounce back from challenges that emerge in every family's life. It means finding ways to solve problems, and knowing how to seek help when necessary.

2. Social Connections Friends, family members, neighbors, and community members provide emotional support, help solve problems, offer parenting advice and give concrete assistance to parents. Isolated families may need extra help in reaching out to build positive relationships.

3. Concrete Support in Times of Need Meeting basic economic needs like food, shelter, clothing and health care is essential for families to thrive. Likewise, when families encounter a crisis such as domestic violence, mental illness or substance abuse, adequate services and supports need to be in place to provide stability, treatment and help for family members to get through the crisis.

4. Knowledge of Parenting and Child Development Accurate information about child development and appropriate expectations for children's behavior at every age help parents see their children and youth in a positive light and promote their healthy development. Parents who experienced harsh discipline or other negative childhood experiences may need extra help to change the parenting patterns they learned as children.

5. Social and Emotional Competence of Children A child or youth's ability to interact positively with others, self-regulate their behavior and effectively communicate their feelings has a positive impact on their relationships with their family, other adults, and peers.

6. Nurturing and Attachment When parents and children have strong, warm feelings for one another, children develop trust that their parents will provide what they need to thrive, including love, acceptance, positive guidance, and protection.

Six Protective Factors for Families and Children

1. Parental Resilience A parent's capacity for resilience can affect how a parent deals with stress. Resilience is the ability to manage and bounce back from challenges that emerge in every family's life. It means finding ways to solve problems, and knowing how to seek help when necessary.

2. Social Connections Friends, family members, neighbors, and community members provide emotional support, help solve problems, offer parenting advice and give concrete assistance to parents. Isolated families may need extra help in reaching out to build positive relationships.

3. Concrete Support in Times of Need Meeting basic economic needs like food, shelter, clothing and health care is essential for families to thrive. Likewise, when families encounter a crisis such as domestic violence, mental illness or substance abuse, adequate services and supports need to be in place to provide stability, treatment and help for family members to get through the crisis.

4. Knowledge of Parenting and Child Development Accurate information about child development and appropriate expectations for children's behavior at every age help parents see their children and youth in a positive light and promote their healthy development. Parents who experienced harsh discipline or other negative childhood experiences may need extra help to change the parenting patterns they learned as children.

5. Social and Emotional Competence of Children A child or youth's ability to interact positively with others, self-regulate their behavior and effectively communicate their feelings has a positive impact on their relationships with their family, other adults, and peers.

6. Nurturing and Attachment When parents and children have strong, warm feelings for one another, children develop trust that their parents will provide what they need to thrive, including love, acceptance, positive guidance, and protection.

Six Protective Factors for Families and Children

1. Parental Resilience A parent's capacity for resilience can affect how a parent deals with stress. Resilience is the ability to manage and bounce back from challenges that emerge in every family's life. It means finding ways to solve problems, and knowing how to seek help when necessary.

2. Social Connections Friends, family members, neighbors, and community members provide emotional support, help solve problems, offer parenting advice and give concrete assistance to parents. Isolated families may need extra help in reaching out to build positive relationships.

3. Concrete Support in Times of Need Meeting basic economic needs like food, shelter, clothing and health care is essential for families to thrive. Likewise, when families encounter a crisis such as domestic violence, mental illness or substance abuse, adequate services and supports need to be in place to provide stability, treatment and help for family members to get through the crisis.

4. Knowledge of Parenting and Child Development Accurate information about child development and appropriate expectations for children's behavior at every age help parents see their children and youth in a positive light and promote their healthy development. Parents who experienced harsh discipline or other negative childhood experiences may need extra help to change the parenting patterns they learned as children.

5. Social and Emotional Competence of Children A child or youth's ability to interact positively with others, self-regulate their behavior and effectively communicate their feelings has a positive impact on their relationships with their family, other adults, and peers.

6. Nurturing and Attachment When parents and children have strong, warm feelings for one another, children develop trust that their parents will provide what they need to thrive, including love, acceptance, positive guidance, and protection.