**Marin Community Clinics Pediatric ACES Screen**

**Many children experience stressful life events that can affect their health and wellbeing. The results from this questionnaire will assist your child’s doctor in assessing their health and determining guidance.**

Please read the questions below. **COUNT** the number of questions you would

answer “YES” to and write the **TOTAL NUMBER** in the box

**Please DO NOT mark or indicate which specific questions apply to your child.**

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| --- |
| \*Has your child ever seen or heard adults in the home pushing, hitting, or threatening to hurt each other? |
| \*Has anyone ever touched your child’s private parts in an inappropriate way or hurt your child physically? |
| \*Has anyone insulted, swore at, threatened or otherwise acted in a way that significantly scared or upset your child? |
| \*Does your child have any family members with anxiety, depression, PTSD or other mental health concerns? |
| \*Does your child have any family members who have or have had a problem with alcohol or other drugs? |
| \*Has your child ever been separated from either parent due to parental illness, divorce, incarceration, immigration problems, foster care or other issues?  |
| \*Has your child ever went without food, clothing, a place to live, or had no one to protect her/him? |

**What are ACES?**

Adverse Childhood Events (ACEs) are stressful or frightening things that happen during childhood, such as abuse, neglect, or severe dysfunctions in the household. We know that people who experience a lot of ACEs may have more problems with their health.

**What is resilience?**

Resilience is the ability to bounce back from stressful situations. Children inherently have some degree of resilience and resilience can also be learned, practiced and improved upon. Some studies have shown that good resilience skills can help people avoid the health problems that come from ACEs exposure.

**Why does my pediatrician want to know this information?**

Knowing what sorts of experiences your child may have been through will help us to know how to support and guide you through your parenting journey