

# Understanding Adverse Childhood Experiences (ACEs)

## What are ACEs?

Adverse childhood experiences (ACEs) are serious, traumatic events in a child's life that can have negative, lasting effects on the child's health and well-being. Below is a list of experiences that can cause a child extreme stress and affect their ability to learn and play in a healthy way with other children and can lead to long-term health problems.

## Adverse Childhood Experiences may include:

- Emotional abuse
- Physical abuse
- Sexual abuse
- Emotional neglect
- Physical neglect
- Mother treated violently
- Household substance abuse
- Household mental illness
- Parental separation or divorce
- Incarcerated household member
- Bullying (by another child or adult)
- Witnessing violence outside the home
- Witness a brother or sister being abused
- Witnessing violence outside the home
- Racism, sexism, or any other form of discrimination
- Being homeless
- Natural disasters and war

## Resilience is Key

Parents, caregivers and teachers can help children by:

- Understanding ACEs
- Helping children identify their feelings and manage emotions
- Creating safe physical and emotional environments at home, in school and in neighborhoods

## Resources:

### ACES 101

<http://acestoohigh.com/aces-101/>

### Triple-P Parenting

[www.triplep-parenting.net/glo-en/home/](http://www.triplep-parenting.net/glo-en/home/)

### Resilience Trumps ACEs

[www.resiliencetrumpsACEs.com](http://www.resiliencetrumpsACEs.com)



## Exposure to Adverse Childhood Experiences may include:

- Depression
- Alcoholism and alcohol abuse
- Adolescent pregnancy
- Illicit drug use
- Smoking
- Suicide attempts
- Heart disease
- Liver disease
- Multiple sexual partners
- Intimate partner violence
- Sexually transmitted diseases (STDs)

## CDC-Kaiser Adverse Childhood Experiences Study

[www.cdc.gov/violenceprevention/acestudy/](http://www.cdc.gov/violenceprevention/acestudy/)

## Zero to Three Guides for Parents

<http://www.zerotothree.org/about-us/areas-of-expertise/free-parent-brochures-and-guides/>

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# Manage Holiday Stress

**Holiday Stress doesn't have to affect your seasonal merriment. Use these helpful tips for a happy, healthy holiday season.**

## Keep your Spending Under Control

- Set a spending limit and stick to it
- Budget for all holiday expenses
- Take care of your regular bills ahead of time
- Try to pay for items in cash
- Make a list, get only what's on the list
- Don't browse/shop

## Manage Your Mind

- Be flexible
- Acknowledge your feelings
- Learn to say no and don't over commit yourself
- Take a breather and take time for yourself
- Pick your battles and set aside differences
- Don't expect perfection
- Accept that you will not please everyone
- Delegate responsibilities
- Get support from family, friends, and co-workers
- Seek professional help if you need it



## Do These Daily

- Get plenty of sleep
- Eat right
- Exercise
- Laugh
- Limit TV watching
- Enjoy the simple things in life!

*Happy Holidays!*

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