

# Parenting with ACEs

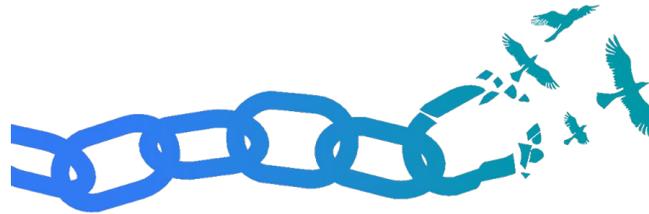
*What others are doing to heal from childhood adversity.*

## **What you can do for yourself:**

- Speak to your doctor or family physician.
- Seek counseling or join a support group.
- Engage in meditation or mindfulness practices to calm your mind.
- Practice healthy habits like proper sleep, diet and exercise.
- Seek help for unhealthy coping strategies like substance use.
- Build your support network.
- Get help for your basic needs like food, housing, or employment.

## **What you can do for your child:**

- Help your child feel safe and cared for.
- Be okay with saying, "I'm sorry."
- Enroll them in positive activities like sports, art, play.
- Expose them to positive mentors/role models.
- Consider taking a class that supports effective parenting.
- Set time aside for fun and positive interactions with your children.
- Help them learn how to express their feelings.
- Praise them when they behave and do good things.



Be the link that  
breaks the chain.

*Understand your own adversity  
and help prevent it for your  
family and future generations.*

**Name of Organization:**

**Name and information of  
person to contact for support:**



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The Community Technical Assistance  
Center (CTAC) [ctacny.org](http://ctacny.org)  
in partnership with ACEs Matter  
[acesmatter.org](http://acesmatter.org)

For more info on ACEs, see  
[cdc.gov/violenceprevention/aces](http://cdc.gov/violenceprevention/aces)



## **Adverse Childhood Experiences (ACEs) & Parenting**

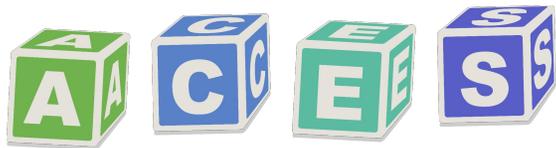
Information for  
Caregivers

*Knowledge is power!*

Trauma can be passed down,  
but so can healing.

# What are ACEs?

**Adverse Childhood Experiences (ACEs)** are events that cause toxic stress during childhood that negatively influence your mind, body, social, and spiritual health.



## Why care?

**Living with ACEs** can feel like being stuck in a body that hurts all the time, from the top to the bottom, and you don't know why.

If you have ever **struggled** with depression, unhealthy relationships, chronic illness, weight management problems, or the way you manage stress, those issues could be associated with negative childhood experiences.

Unhealed ACEs can impact you as an individual and as a parent. You and your family may benefit from **learning and talking to someone** about your experiences.



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## Take the quiz:

*Do these sound familiar?*

**During your childhood, did you ever...**

- ...feel like your parents or adults insulted, embarrassed, or were verbally abusive to you?
- ...get spankings that left bruises, or did you get hit often by someone more powerful than you?
- ...ever experience unwanted sexual contact by someone older than you?
- ...feel that no one in your family loved you or thought you were special?
- ...have to go without food or clean clothes often or very often?
- ...see or hear your parents or adults in your home hit, punch, beat, or threaten to harm each other?
- ...live with anyone who had problems with drinking too much, using prescription or illegal drugs?
- ...lose a parent through divorce, abandonment, death, or other reason?
- ...live with anyone who was mentally ill, depressed, or attempted suicide?
- ...witness anyone go to jail or prison?

**Add up** the number of check marks.

**My score:**

If any of these experiences sound familiar, **there is help and support for you. You are not alone.**



## Every score matters.

*Experiencing even one of these events can have a negative, long-term impact.*

**Treating your unhealed ACEs has the power to:**

- Reduce stress by calming your nervous system and help you to heal from the inside out.
- Calm the nervous system of your children, so you have more positive interactions with them.
- Help you be a better partner, parent, coworker, and friend.
- Help you reach your future goals.

**You are more than your score**, but your childhood adversity score could be the key to showing you where to start your healing journey!



There are additional traumatic experiences not mentioned here that might have influenced the way your brain and body respond to stress.



Chautauqua County  
Department of  
**Mental Hygiene**

www.chqgov.com