

# Adverse Childhood Experiences

Adverse Childhood Experiences (ACEs) is the term given to describe all types of abuse, neglect, and other traumatic experiences that occur to individuals under the age of 18. The landmark Kaiser ACE Study examine the relationships between these experiences during childhood and reduce health and well being later in life.

To view the findings from this study, visit:

[https://vetoviolence.cdc.gov/apps/phl/images/ACE\\_Accessible.pdf](https://vetoviolence.cdc.gov/apps/phl/images/ACE_Accessible.pdf)

## What can I do?

“The most important adults in a young child's life are caregivers and relatives. These adults can help reestablish security and stability for children who have experienced trauma.” ”

When young children experience a traumatic stressor, their first response is usually to look for reassurance from the adults who care for them.

- Answering children's questions in language they can understand, so that they can develop an understanding of the events and changes in their life
- Developing family safety plans
- Engaging in age-appropriate activities that stimulate the mind and body
- Finding ways to have fun and relax together
- Helping children expand their "feelings" vocabulary
- Honoring family traditions that bring them close to the people they love, e.g., storytelling, holiday celebrations, reunions, trips
- Looking for changes in behaviors
- Helping children to get back on track
- Setting and adhering to routines and schedules
- Setting boundaries and limits with consistency and patience
- Showing love and affection