

Today's Experiences Influence Tomorrow's Health

Research has shown that Adverse Childhood Experiences (ACEs) (stressful or traumatic events, including abuse and neglect) can have tremendous long-term effects on the health and wellbeing of children. It is critical we learn to recognize and understand ACEs so that we can best support ourselves and others. Because although you can't change what may have happened in the past, you can change the future.



How can you help reverse the damaging effects of ACEs?

- Increase your understanding and awareness of trauma and ACEs
- Ensure your own personal wellness (mental health)
- Build/strengthen relationships with families
- Link families with community resources
- Connect families with other families to establish social supports
- Offer stress reduction strategies
- Promote parenting classes/workshops

For more information on ACEs, check out these resources:

- Child Care Aware of Kansas: [Reducing the Effects of Trauma](#)
- Kansas Children's Service League: <https://www.kcsl.org/ACEs.aspx>
- Kansas Department of Health and Environment: <http://www.kansaspowerofthepositive.org/resources.htm>
- Center for Disease Control & Prevention: ACEs www.cdc.gov/violenceprevention/acestudy/index.html

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