

THE "ACES" STUDY

This study shows the impact of stress and adversity on us as we grow. We want to prevent as many severely stressful experiences as possible for our children so they will stay healthy throughout their lives.

When we cannot prevent these events or they have already happened, there are still things we can do to lessen the effects of the stress and to build resilience.



South Coast Together

WHY IS THIS SO IMPORTANT?

The Adverse Childhood Experiences (ACEs) study proves that chronic, persistent, and severely stressful (adverse) experiences in childhood are the leading factors in health, mental health, and social problems in adulthood.



MANAGING STRESS TOGETHER

Helping children learn self-regulation does not mean trying to eliminate or shelter them from all stress.

We need stress in small doses to learn and grow. We want to try to make sure that the stress our children face is moderate, predictable and manageable.



REFLECTION:

Consider your own life history and what kind of tough experiences you have had. What strengths do you have that helped you get through tough times?
