

What is Resilience?

Resilience is the ability to adjust or “bounce back” after something bad has happened.

As parents, teachers, and caregivers, we can increase a child’s resilience by:

- Creating a safe, stable, and loving home
- Having regular routines and boundaries
- Learning about ACEs and how to prevent them
- Creating protective factors for your child

Protective Factors Include:

- Increasing parental resilience: Resilient parents raise resilient kids
- Paying attention and responding to your child’s needs, both physical and emotional
- Having a strong support system of family, friends, and neighbors to rely on
- Providing the basic needs for your family such as shelter, food, clothing and health care
- Being aware of typical child development and have realistic expectations for behavior
- Helping children learn to positively interact with others and teach them how to talk about and manage their emotions

Interested in learning more about ACEs and Resilience or bringing a free training to your colleagues or staff?

Contact Robin Henle at 509-460-4249 or robinh@bfhd.wa.gov

Local Resources

Benton-Franklin Health District

509-460-4200

Catholic Family & Child Services

509-946-4645

Lutheran Community Services

509-735-6446

Support Advocacy & Resource Center

509-374-5391

Nueva Esperanza

509-545-6506

Domestic Violence Services

509-582-9841

Child Protective Services

509-585-3000

Safe Harbor Support Center

509-783-5734

Lourdes Counseling Center

509-943-9104

National Resources

Parenthelp123.org

www.parenthelp123.org

ACEs Too High

<http://acestoohigh.com/got-your-ace-score/>

ACEs 360

www.iowaaces360.org/

Resilience Trumps ACEs

www.resiliencetrumpsaces.org

CDC Adverse Childhood Experiences (ACE) Study

www.cdc.gov/violenceprevention/acestudy/

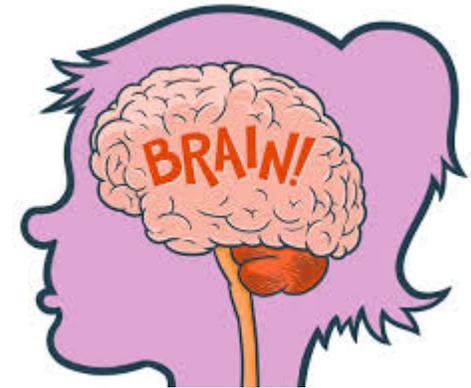
Center on the Developing Child at Harvard

<http://developingchild.harvard.edu/>

Benton-Franklin Health District

<http://www.bfhd.wa.gov/ph/aces.php>

Adverse Childhood Experiences (ACEs)



Making Changes Now Can Improve a Child’s Future Later



ACEs & HEALTH

Adverse Childhood Experiences cause changes in the structure of the brain which may affect the entire body.

Adverse Childhood Experiences, or ACEs, are stressful or traumatic experiences we have as children that have long lasting effects on physical, mental, and social well-being.

Evidence shows that early experiences, both positive and negative, are critical in building and shaping how the brain develops.

Positive experiences support healthy development and give the brain a strong foundation for all future learning, development, and health.

Positive experiences include:

- Back-and-forth interactions between parent or caregiver and child
- regular routines and boundaries
- plenty of praise

Negative experiences disrupt healthy brain development and cause changes to the chemicals and structure of the building brain. Like cracks in the foundation of a house, these chemical and structural changes result in a brain with a weak foundation. The child's ability to learn to read and write, the way they interact with their peers, an increased risk for future disease, and even their life expectancy can be impacted by these early negative experiences.

Negative experiences include:

- physical, emotional or sexual abuse or neglect
- family difficulties
- witnessing domestic violence
- losing a parent to death, divorce or abandonment
- having a family member in prison
- having a family member who is mentally ill, suicidal, or has a drug/alcohol problem

The more ACEs you have, the greater risk you have for:

Problems at school due to decreased ability to learn, respond, or process effectively

Problems with aggressive or defiant behavior

First experience of sexual intercourse at a young age

Multiple sexual partners

Teen pregnancy

Future offender or victim of domestic violence

STIs and HIV



Difficulty making and keeping friends

Lifetime learning and memory problems

Low stress tolerance

Lower ability to fight infections

Heart, liver, and lung disease

Bone fractures

Drug and alcohol misuse or abuse

Tobacco Use

Depression, mental illness, suicide attempts, and early death

By reducing our ability to “bounce back,” Adverse Childhood Experiences may directly reduce our health, social, and economic well-being.