Growing Up ACEs:
Understanding the Impact on Child and Family Development
Session Two
Presenter: Jessica A Cantin, M.S., ECMA P

The Pair of ACEs
Adverse Childhood Experiences

- Maternal Depression
- Physical & Emotional Neglect
- Emotional & Sexual Abuse
- Divorce
- Substance Abuse
- Mental Illness
- Domestic Violence
- Incarceration
- Homelessness

Adverse Community Environments

- Poverty
- Discrimination
- Community Disruption
- Lack of Opportunity, Economic
- Mobility & Social Capital
- Poor Housing
- Violence
- Quality & Affordability

Be a Brain Hero!
https://www.youtube.com/watch?v=s31HdBBeRgg4&list=PLuKMer0Izya_3krFpcOKQaeB2z2sQgYua&index=13

Protecting Our Children & Families

5 PROTECTIVE FACTORS FOR PREVENTING RISK OF CHILD ABUSE.

1. PARENTAL RESILIENCE
2. SOCIAL CONNECTIONS
3. CONCRETE SUPPORT IN TIMES OF NEED
4. KNOWLEDGE OF PARENTING & CHILD DEVELOPMENT
5. SOCIAL & EMOTIONAL COMPETENCE OF CHILDREN

SOURCE: Prevent Child Abuse America

LEARN MORE ABOUT THESE 5 FACTORS:
preventchildabuse.org/resources/
Learning Objectives

- Explore the Strengthening Families 5 protective factors and their impact on the developing child and family
- Understand strategies to support the healthy development of children and families who have experienced ACEs
- Identify program and community strategies that build protective factors

Resilience

*The human capacity to face, overcome, be strengthened by and even transformed by the adversities of life.*
Parental resilience

Managing stress and functioning well when faced with challenges, adversity and trauma

What it looks like

Resilience to general life stress
• Hope, optimism, self confidence
• Problem solving skills
• Self care and willingness to ask for help
• Ability to manage negative emotions

Resilience to parenting stress
• Not allowing stress to interfere with nurturing
• Positive attitude about parenting and child

Everyday actions
• Demonstrate in multiple ways that parents are valued
• Honor each family’s race, language, culture, history and approach to parenting
• Encourage parents to manage stress effectively
• Support parents as decision-makers and help build decision-making and leadership skills
• Help parents understand how to buffer their child during stressful times
Building blocks of resilience

Skills and Attitudes
- Communication skills
- Coping strategies
- Belief system
- Hope

Internal Inventory
- Recognize challenges
- Acknowledge feelings

Prepare for Action
- Gather resources
- Make good choices

Actively supporting resilience: A Professional’s Role

Reinforce Action
- Support skills building
- Build on parent strengths
## Parental Resilience

**Parents may...**
- Have their own trauma history
- Have co-occurring issues (DV, substance abuse, etc.)
- Feel negative about themselves
- Worry about seeking help for their child
- Be parenting children who have experienced trauma
- Be parenting children with special needs
- Worry about what could happen to their children in hostile environments

**Teacher’s role**
- Project a positive and strengths-based approach to the family
- Support the family as key decision-makers and validating and supporting good decisions
- Normalize that parenting is stressful and support parents during stressful parenting situations
- Acknowledge / be aware of societal trends that have had a negative impact

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### Social connections

Positive relationships that provide emotional, informational, instrumental and spiritual support

**What it looks like**
- Multiple friendships and supportive relationships with others
- Feeling respected and appreciated
- Accepting help from others, and giving help to others
- Skills for establishing and maintaining connections
Social connections

Everyday actions
• Help families value, build, sustain and use social connections
• Create an inclusive environment
• Facilitate mutual support
• Promote engagement in the community and participation in community activities

How Children and Adults Can Build Core Capabilities for Life
https://www.youtube.com/watch?v=6NehuwDA45Q&list=PLuKMerO1zya_3krFpcOKgaeB2_2zQgYua
Knowledge of parenting & child development

Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development

What it looks like

• Nurturing parenting behavior
• Appropriate developmental expectations
• Ability to create a developmentally supportive environment for child
• Positive discipline techniques; ability to effectively manage child behavior
• Recognizing and responding to your child’s specific needs

Knowledge of parenting & child development

Everyday actions

• Model developmentally appropriate interactions with children
• Provide information and resources on parenting and child development
• Encourage parents to observe, ask questions, explore parenting issues and try out new strategies
• Address parenting issues from a strength-based perspective
Concrete support in times of need

Access to concrete support and services that address a family’s needs and help minimize stress caused by challenges

What it looks like

- Seeking and receiving support when needed
- Knowing what services are available and how to access them
- Adequate financial security; basic needs being met
- Persistence
- Advocating effectively for self and child to receive necessary help
Concrete support in times of need

**Everyday actions**

- Respond immediately when families are in crisis
- Provide information and connections to services in the community
- Help families to develop skills and tools they need to identify their needs and connect to supports

A bridge to services
Social & emotional competence of children
Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships

What it looks like

For the parent:
- Warm and consistent responses that foster a strong and secure attachment with the child
- Encouraging and reinforcing social skills; setting limits

For the child:
- Age appropriate self-regulation
- Ability to form and maintain relationships with others
- Positive interactions with others
- Effective communication

Why Social Emotional Competence is Important

Children with a strong foundation in emotional vocabulary:
- tolerate frustration better
- get into fewer fights
- engage in less destructive behavior
- are healthier
- are less lonely
- are less impulsive
- are more focused
- have greater academic achievement

(Center for the Social Emotional Foundation for Early Learning)
Social & emotional competence of children

**Everyday actions**

- Help parents foster their child’s social emotional development
- Model nurturing care to children
- Include children’s social and emotional development activities in programming
- Help children develop a positive cultural identity and interact in a diverse society
- Respond proactively when social or emotional development needs extra support

Children’s Social Emotional Skills to Build

- Recognize and Communicate Emotions
- Control Response to Feelings
- Develop Strategies
- Empathize
Questions?

Resources

- Center for the Study of Social Policy-Strengthening Families
  Retrieved from: https://csp.org/our-work/project/strengthening-families/