

The Adverse Childhood Experiences Study



Of 17,000 ACE Study participants, 64% had at least one adverse childhood experience.

ABUSE



NEGLECT



HOUSEHOLD DYSFUNCTION



The three types of ACEs include

ABUSE



physical



emotional



sexual

NEGLECT



physical



emotional

HOUSEHOLD DYSFUNCTION



mental illness



incarcerated relative



mother treated violently



substance abuse



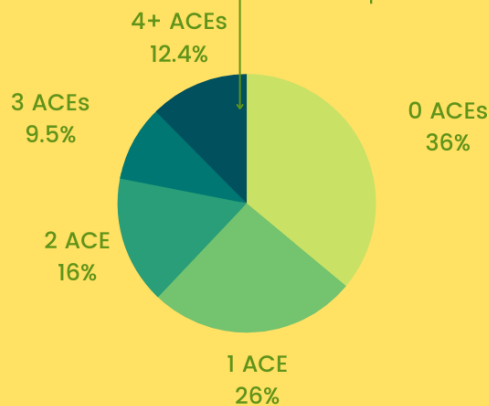
divorce

As the number of ACEs increase, so does the risk for negative outcomes



1 in 8 people have 4 or more ACEs

Adverse Childhood Experiences



Possible Risk Outcomes

BEHAVIOR



alcohol abuse



drug use



smoking



physically inactive



missed work

PHYSICAL & MENTAL HEALTH



severe obesity



diabetes



depression



suicide attempt



STDs



heart disease



cancer



stroke



COPD



broken bones



Further Investigation Finds

Spanking is an ACE



Of 8,316 ACE Study participants, 54.8% reported being spanked at least a few times a year or more. This was defined as spanking that the participant did not consider to be physical abuse.



Spanking is highly correlated to physical and emotional abuse and reflects a similar underlying process. These findings are consistent with previous research indicating that spanking and physical abuse are on a continuum of violence against children.



Even when there were no other ACEs, spanking alone was associated with alcohol abuse, drug abuse and attempted suicide in adolescence and into adulthood.

Possible Risk Outcomes

BEHAVIOR



alcohol abuse



drug use



suicide attempt

PHYSICAL & MENTAL HEALTH

** An additional 1,574 studies have shown spanking to be correlated to increased aggression, depression, PTSD, substance abuse, delinquency, future violence, decreased IQ, lower self esteem, poorer parent-child bond, and developmental delays.

Facts about Positive Parenting

Parenting is Hard!

6 out of 10 parents say they struggle with figuring out the best way to discipline and nearly half say they could do a better job of managing their emotions!



Reducing Negative Parenting Helps Kids

Reducing critical statements, spanking, and negative commands

- reduces ADHD symptoms
- improves behavior
- improves emotional regulation

Regulate, Relate, then Reason

Your child's brain needs your compassionate response to regulate emotion!

1. **REGULATE** - Reasoning doesn't help when your child is really upset, because their forebrain is offline. Too much talking can make it worse! Instead, try gentle caring facial expressions and a melodic tone. Use simple phrases like, "I'm here," or "It's hard right now."



2. **RELATE** - Once your child feels more regulated (looks at you or reaches out to you), hold her and mirror her feelings, "You seem angry" (frustrated, sad)

3. **REASON** - Later on, once your child is regulated and connected, talk about what happened and what can be done in the future so that you and your child feel empowered moving forward.

Did you know?



stage of development

Parents Often Overestimate Child's Developmental Stage!

- 56% of parents believe kids have the impulse control to resist the desire to do something forbidden before age 3.
- 36% believe children under 2 have this kind of self-control.

FACT: Impulse control starts developing at 3.5 and 4 years, and takes many more years to be used consistently.



behavior is normal

Most behavior is normal.

Children do well when they can. When they can't, they lack the developmental skill to do otherwise.

FACT: Parents who believe their child is purposefully misbehaving are more likely to escalate instead of calm their child.