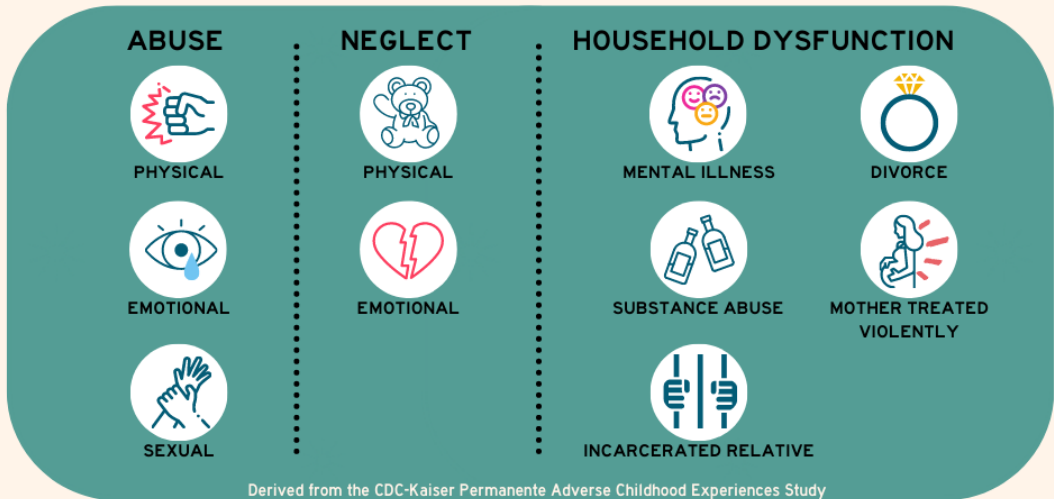


# INCREASING RESILIENCE

## In Children Who Have Experienced Trauma

Adverse Childhood Experiences (ACEs) are traumatic events in childhood that can cause serious health concerns for children and adults.



Positive Childhood Experiences (PCEs) can make a significant difference for children who have multiple adverse childhood experiences. Many of these positive experiences are easy for parents to initiate and control.

### • WHAT ARE SOME EXAMPLES? •

Playing and reading with parents and friends



Participating in community traditions and activities



Being able to talk openly with a family member



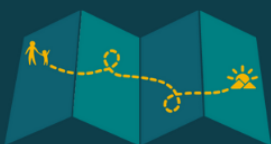
Feeling safe and protected by someone in the home



### HOW CAN PROVIDERS SUPPORT CHILDREN AND ADULTS WITH ACEs?

1. Educate yourself. There are free webinars available through the California ACEs Academy. [[www.avahealth.org](http://www.avahealth.org)]
2. Integrate what you're learning into your practice.
3. Make it clear to your patients that you understand and care about the things that may be happening to them and their children.

Advice from **Dr. David Corwin**, Professor at the University of Utah and pediatrician, specializing in sexual abuse.



## Roadmap to Resilience:

Supporting Children Experiencing Stress and Trauma

Learn more at [www.roadmaptoresilience.org](http://www.roadmaptoresilience.org)