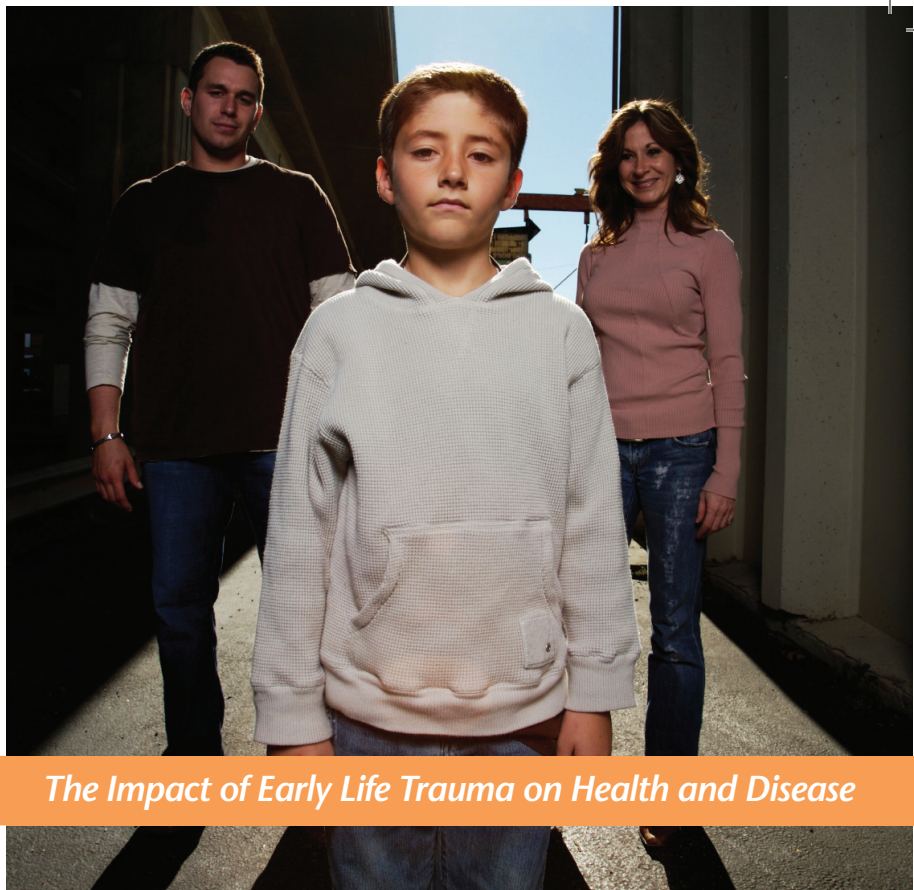


The Simplest Ways to **Build** Resilience in Kids

ACE

ADVERSE CHILDHOOD EXPERIENCES

Adverse Childhood Experiences (ACEs) is the term given to describe all types of abuse, neglect, and other traumatic experiences that occur to individuals under the age of 18.



The Impact of Early Life Trauma on Health and Disease

The more you do, the more you will see a difference. Have fun with the list. Make one of your own. The more you do, the more you will notice a wonderful change in the kids around you.

- Hug them.
- Sing with them.
- Greet each of them by name, if you can.
- Ask for their help.
- Play games with them at home.
- Listen to them.
- Set goals with them.
- Do things their way sometimes.
- Hang up their art work.
- Surprise them.
- Go for walks together.
- Exercise together.
- Give them specific compliments.
- Be consistent with them.
- Notice them.
- Praise their efforts.
- Tell them you love them.

- Be open with your feelings.
- Celebrate their birthdays.
- Create a pleasant home.
- Be spontaneous and silly sometimes.
- Handle bad days with grace.
- Say thank you.
- Explain your reasons to them.
- Be optimistic.
- Offer options when they ask for your help.
- Always tell them the truth.
- Make them a good breakfast.
- Offer your home to their friends.
- Give them something special that belongs to you.
- Attend their games, performances, events.
- Encourage them.
- Joke with them.

- Be with them when they are afraid.
- Put notes in their lunchbox or backpack.
- Celebrate new discoveries in them and with them.
- Give them space when they need it.
- Discuss their dream and fears.
- Create a tradition with them and keep it.
- Tell them what you like about them.
- Take on new challenges together.
- Welcome their suggestions.
- Expect their best, not perfection.
- Honor who they are.

**Love them,
no matter
what.**

What are five things that fit into your family?

1. _____
2. _____
3. _____
4. _____
5. _____

Find more ideas for building resilience at www.buncombeaces.org

From: *Helping Kids Succeed ~ Alaskan Style*. To order a copy contact: www.alaskaice.org

BuncombeACEs.org | Know Your Number. Invest in the Solution.