

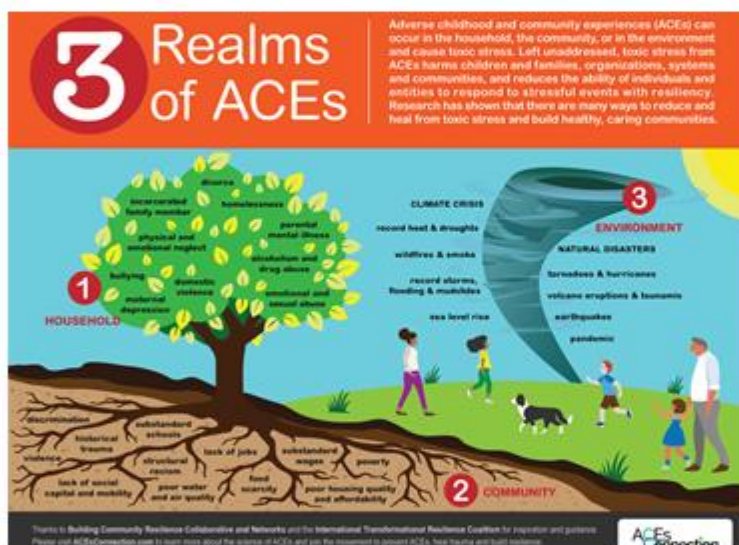


Understanding Adverse Childhood Experiences (ACEs)

What are Adverse Childhood Experiences (ACEs)?

Adverse Childhood Experiences (ACEs) are toxic to brain development and if left unaddressed make it more difficult for a child to succeed in school, live a healthy life, and contribute to the community. ACEs include, but are not limited to homelessness, divorce, poverty, violence, and natural disasters. ACEs have three realms: household, community, and environment. They are each connected and affect the viability of families, communities, organizations, and systems. Research shows to prevent ACEs that focus must be on reducing childhood adversity, stopping trauma from happening to already traumatized people, and building resilience.

The 3 Realms of ACEs



Source: <https://www.aceconnection.com/resource-center/blog/3-realms-of-aces-handout/>

Where To Learn More About ACEs

There are many reputable websites you can visit to learn more about ACEs. The following organizations have resources including articles, videos, organization connections, and more. Click the links or search the organizations below.

1. [The Tennessee Commission on Children and Youth](#)
2. [The Syca more Institute \(Economic Impact\)](#)
3. [ACE Awareness Foundation](#)

For more general information about comprehensive student mental health, click [here](#) to access the Tennessee Comprehensive School Based Mental Health Resource Guide.



WHAT ARE ACES?

AND HOW DO THEY RELATE TO TOXIC STRESS?

"ACEs" stands for "Adverse Childhood Experiences." These experiences can include things like physical and emotional abuse, neglect, caregiver mental illness, and household violence.



The more ACEs a child experiences, the more likely he or she is to suffer from things like heart disease and diabetes, poor academic achievement, and substance abuse later in life.



TOXIC STRESS EXPLAINS HOW ACES "GET UNDER THE SKIN."

Experiencing many ACEs, as well as things like racism and community violence, without supportive adults, can cause what's known as toxic stress. This excessive activation of the stress-response system can lead to long-lasting wear-and-tear on the body and brain.



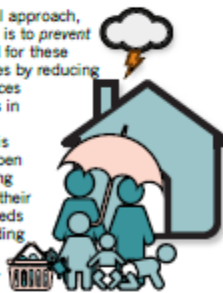
The effect would be similar to revving a car engine for days or weeks at a time.

WE CAN REDUCE THE EFFECTS OF ACES AND TOXIC STRESS.



For those who have experienced ACEs, there are a range of possible responses that can help, including therapeutic sessions with mental health professionals, meditation, physical exercise, spending time in nature, and many others.

The ideal approach, however, is to prevent the need for these responses by reducing the sources of stress in people's lives. This can happen by helping to meet their basic needs or providing other services.



Likewise, fostering strong, responsive relationships between children and their caregivers, and helping children and adults build core life skills, can help to buffer a child from the effects of toxic stress.

ACEs affect people at all income and social levels, and can have serious, costly impact across the lifespan. **No one who's experienced significant adversity (or many ACEs) is irreparably damaged,** though we need to acknowledge trauma's effects on their lives. By reducing families' sources of stress, providing children and adults with responsive relationships, and strengthening the core life skills we all need to adapt and thrive, we can prevent and counteract lasting harm.

Center on the Developing Child  HARVARD UNIVERSITY

Learn more about ACEs from the Course for Disease Control and Prevention.
For more information: <https://developingchild.harvard.edu/ACEs>



Fun MINDFULNESS ACTIVITIES for children

by Big Life Journal



"JUST ONE BREATH" BREATHING ACTIVITY

- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.



CREATE A GLITTER JAR

- Finding a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- Seal the lid and you are ready to go.



HEARTBEAT EXERCISE

- Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
- At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.



GOING ON A SAFARI

- Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
- Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
- Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



TENSE AND RELEASE MUSCLE RELAXATION

- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.



CALM DOWN YOGA FOR KIDS



I am strong.

Use your strength to catch tricky waves.



I am kind.

Stretch high and spread kindness all around.



I am brave.

Be brave and fearless as you fly down the ski run.



I am friendly.

Stretch like a dog wagging its tail.



I am wise.

Be a wise owl perched on a tree branch.



Childhood 101 & Kids Yoga Stories

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MYPLATE GROCERY STORE BINGO

Circle foods you see in the grocery store. If you find 5 in a row, yell MyPlate Bingo!

Fruits	Vegetables	Grains	Protein	Dairy
Apple 	Avocado 	Bread 	Beans 	Milk 
Blueberries 	Broccoli 	Cereal 	Chicken 	Cottage Cheese 
Cantaloupe 	Corn 	Free Space 	Eggs 	Soy Milk 
Grapes 	Sweet Potato 	Popcorn 	Peanut Butter 	Cheese 
Orange 	Tomatoes 	Rice 	Tuna Fish 	Yogurt 

ChooseMyPlate.gov/Families

parent tips



How Much Sugar and Calories are in Your Favorite Drink?

Many people don't realize just how much sugar and calories we drink in a day. Use this tip sheet to help your family make smart choices.



Drink (12-ounce serving)	Teaspoons of Sugar	Calories
Bottled Water	0 teaspoons	0
Diet Cola	0 teaspoons	0
Sugar-Free Drink Mix	0 teaspoons	0
Sugar-Free Lemonade	0 teaspoons	0
Unsweetened Tea	0 teaspoons	0
Sports Drink	2 teaspoons 	75
Lemonade	6¼ teaspoons 	105
Orange Juice	7½ teaspoons 	160
Sweet Tea	8½ teaspoons 	120
Powdered Drink Mix (with sugar)	9 teaspoons 	145
Cola	10¼ teaspoons 	150
Fruit Punch	11½ teaspoons 	195
Root Beer	11½ teaspoons 	170
Grape Juice	12 teaspoons 	200
Orange Soda	13 teaspoons 	210

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

We Can! Ways to Enhance Children's Activity & Nutrition, *We Can!*, and the *We Can!* logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).

Choose health. Drink water.

Drink, Calories and Container Size (fluid ounces)	Teaspoons of Sugar per Container Size	Minutes of Brisk Walking to Burn Off the Drink (walking at 3.5 mph)
 Soda 227 calories 20 fl. oz.	14 tsp 	49 min. 
 Sports Drink 125 calories 20 fl. oz.	9 tsp 	27 min. 
 Energy Drink 240 calories 16 fl. oz.	15 tsp 	52 min. 
 Juice Drink 305 calories 20 fl. oz.	17 tsp 	66 min. 
 Fruit-flavored Soda 165 calories 12.5 fl. oz.	11 tsp 	36 min. 
 Vitamin-added Water 125 calories 20 fl. oz.	8 tsp 	27 min. 
 Sweetened Tea 213 calories 20 fl. oz.	14 tsp 	46 min. 
 Water 0 calories 20 fl. oz.	0 tsp 	0 min. 
Note: Walking times are based on the average calorie expenditure for a 154-pound individual walking at 3.5 mph (200 calories/hour). Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less. Teaspoons of sugar are rounded to the nearest whole number. All walking times are rounded up to the next whole number. United States Department of Health and Human Services, U.S. Department of Agriculture. <i>Dietary Guidelines for Americans, 2020</i>. Table 4, Calories/hour Expended in Common Physical Activities. http://www.health.gov/dietaryguidelines/dga2020/document#table4chapter3.htm. Accessed May 18, 2021.		

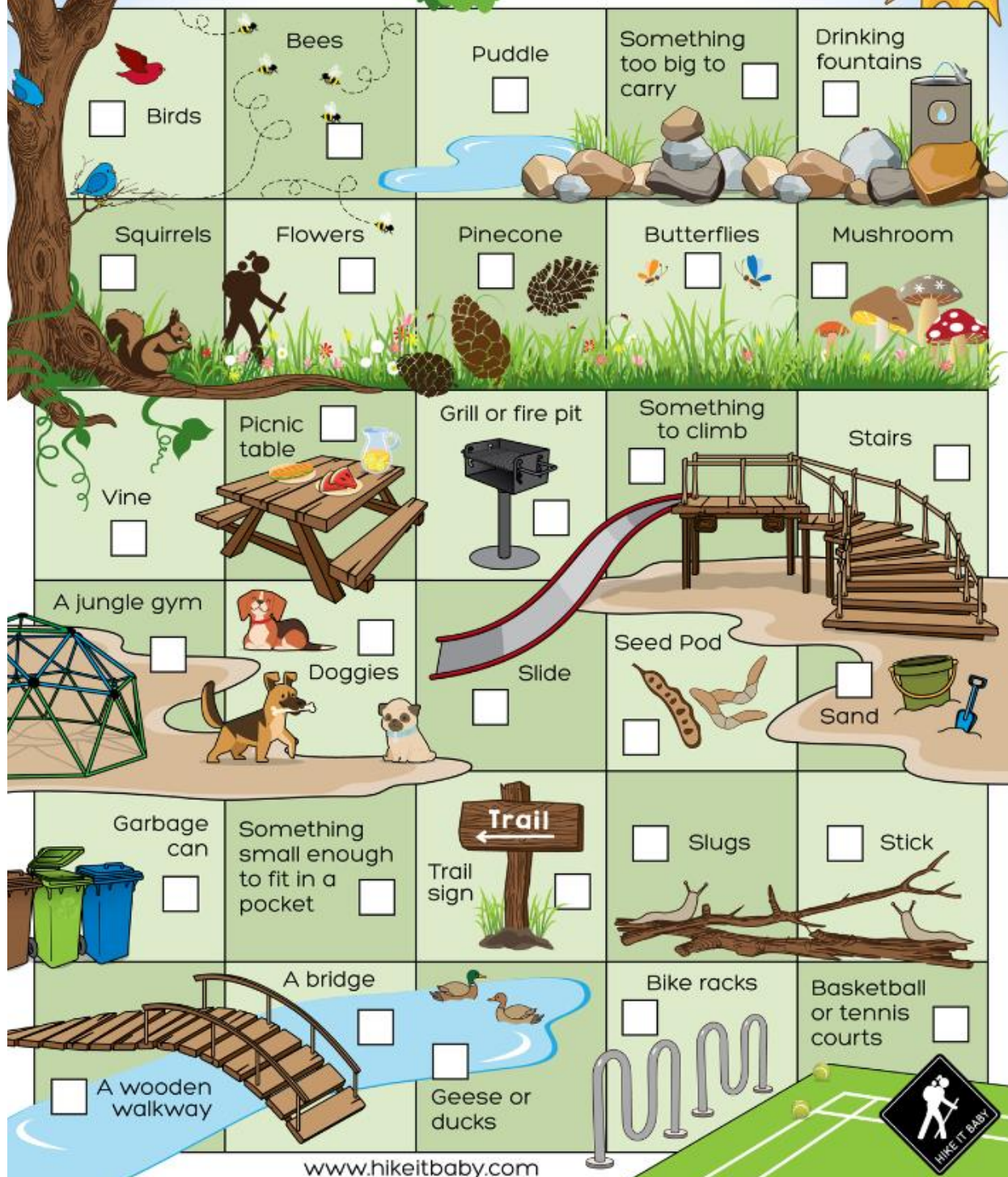
rethink
YOUR DRINK

This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These materials are equal opportunity products and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-842-0883. For important nutrition information, visit www.CalFresh.com/ForChange.net.



SDPH 000008 03/14

30 THINGS TO FIND AT THE PARK



Youth Exposure to Advertising and E-Cigarette Use

Greater exposure to e-cigarette ads is associated with higher odds of youth e-cigarette use. Most e-cigarettes contain **NICOTINE**, which can cause **ADDICTION**, may harm brain development, and could lead to continued tobacco product use among youth.

Efforts to reduce youth exposure to tobacco advertising are crucial to prevent all forms of tobacco use among youth.

SOURCE: Pediatrics, April 2016



Sources of E-Cigarette Advertising



14.4 million

youth are exposed
at retail stores



10.5 million

youth are exposed
through the internet



9.6 million

youth are exposed
through TV/movies



8 million

youth are exposed
through magazines
and newspapers

SOURCE: CDC Vital Signs, January 2016

bit.ly/YouthTobaccoUse



Cigarettes. Dip. Vapes.



Tennessee Tobacco
QUITLINE

Quitting is hard.

Finding help is easy.



343942

1-800-QUIT-NOW
1-800-784-8669

 (1-877-559-3816)
www.tnquitline.org

Cigarrillos. Masticar Tabaco. Vaporizadores.



Dejar de fumar es difícil.

Encontrar ayuda es fácil.



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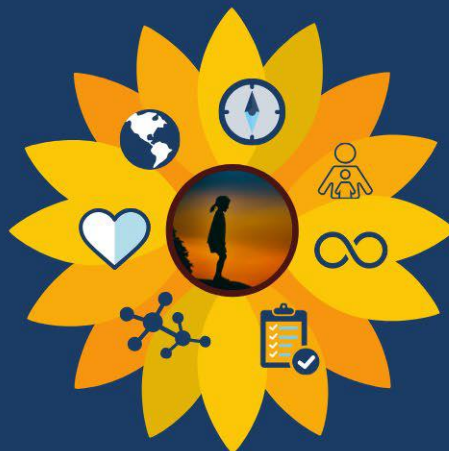
1-800-DEJELO-YA
1-800-784-8669

 (1-877-559-3816)
www.tnquitline.org

7 ASPECTS TO A MEDICAL HOME



A medical home should be...



ACCESSIBLE

Care is easy for each child and family to obtain, including geographic access and insurance accommodation.



FAMILY-CENTERED

Each family is recognized and acknowledged as the primary caregiver and support for the child, ensuring that all medical decisions are made in true partnership with the family.

CONTINUOUS

The same primary care clinician care for the child from infancy through young adulthood, providing assistance and support to transition to adult care.



COMPREHENSIVE

Preventative, primary, and specialty care are provided to each child and family.

COORDINATED

A care plan is created in partnership with each family and communicated with all health care clinicians and necessary community agencies and organizations.



COMPASSIONATE

Genuine concern for the well-being of each child and family are emphasized and addressed.

CULTURALLY EFFECTIVE

Each family and child's culture, language, beliefs, and traditions are recognized, valued, and respected.



Learn more: medicalhomeinfo.aap.org