

Actions 4 ACEs

Two out of three children have experienced trauma, but three out of three adults can help.

There are many ways to build a child's resiliency and reduce the impact of trauma: making connections with caring and competent adults, helping a child build a sense of belonging and strengthening ties to community, culture and spirituality.

How Caring Adults Can Help

Having a long term, stable and positive relationship with at least one adult is one of the most effective ways to help children build resilience. While law enforcement officers and teachers may not be able to have that relationship long term, there is an opportunity for frequent and positive interaction.

Here are a few simple actions to take to help children build resilience.



1. Share Encouragement

Find ways to offer support and encouragement to help children build resiliency and self-worth, and believe they matter.



2. Share an Interest

Whether it's a game of ball or a craft, taking time out of your day to connect with a child through an activity they enjoy will help them feel seen and heard.



3. Share a Conversation

A simple conversation starter like "tell me about your day" is all it takes to show a child they have your full attention. Make sure to continue to check in on children in your life by asking about their interests and actively engaging with them.

While these simple actions may not seem like much, to a child who is dealing with a traumatic event, they can provide a bright spot to help anchor their self-worth. These basic actions are just the start of how to help children.

Learn more about ACEs and the role you can play.



Actions 4 ACEs is a statewide campaign to expand public awareness of adverse childhood experiences (ACEs) and educate people working closely with children about the positive impact they can make.

To learn more, visit [Actions4ACEs.com](https://www.Actions4ACEs.com)



The Actions 4 ACEs campaign is sponsored by the New Jersey ACEs Collaborative, a public-private partnership that includes The Burke Foundation, The Nicholson Foundation, the Turrell Fund, the New Jersey Department of Children and Families and the New Jersey Office of Resilience.

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