

Modules to support adverse childhood experiences (ACEs)

These online modules are for ECE professionals in any setting.



ACEs* are common in children ages 0 to 18 regardless of race, economic class, or geographic location, but are more frequent for children living in poverty. Research shows that the more ACEs an individual experiences, the greater their risk for obesity, heart disease, mental illness, substance abuse, teen pregnancy, and learning and behavioral difficulties. Furthermore, early care and education (ECE) professionals often have experienced ACEs themselves. As such, trauma awareness and coping strategies are essential for caring for children and families impacted by ACEs and for establishing self-care routines to prevent compassion fatigue and burnout for the ECE professional.

*ACEs can include: emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, mother treated violently, household substance abuse, household mental illness, parental separation or divorce, incarcerated household member.

[Addressing ACEs with Brain-based Approaches in Trauma-informed Care](#) explores the impact of ACEs on the brain and offers strategies to enable positive outcomes for young children who have experienced ACEs.

[Adverse Childhood Experiences: Building Resilience](#) promotes awareness and understanding of ACEs in young children and families and how early care and education professionals can cultivate resilience.

[Foster and Adoptive Families: Supportive Strategies](#) provides information and strategies to strengthen assistance for families who have foster or adopted children in child care.

[Self-care for ECE Professionals Who Care for Children Impacted by ACEs](#) focuses on practical strategies for self-care to prevent compassion fatigue associated with caring for children with ACEs.

[Understanding Poverty: Strategies for Family Engagement](#) provides practical strategies that can improve communication with families living in poverty.

See the status of module approval in your state at <http://bit.ly/BKCinyourstate>.

Log in to On Demand to preview the module for free.

Content for these and 200+ other On Demand professional development modules is available at no cost. \$5.00 is charged for a certificate of completion.



extension.psu.edu/programs/betterkidcare

Reference: American Academy of Pediatrics. 2014. "Adverse Childhood Experiences and the Lifelong Impact of Trauma."