

What are ACEs and Why Do They Matter?



Adverse Childhood Experiences (ACEs) are stressful events in a child or teen's life. ACEs can happen to anyone (even adults) and most Americans have at least one.

Types of ACEs

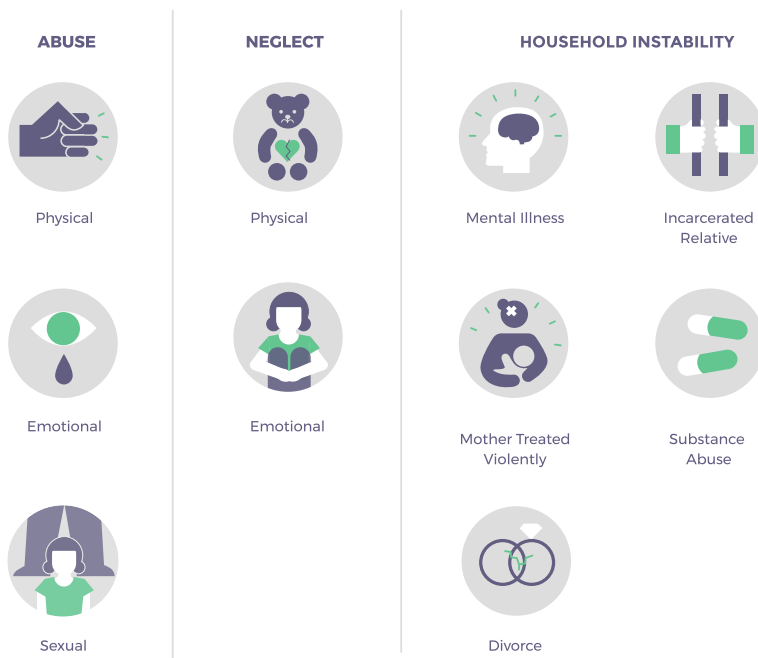
ACEs include stressful things like abuse, neglect, poverty, or a big change at home. These events can affect a child's health.

Exposure to ACEs may cause harm

Children have both good and bad times in life, and science shows the bad times can have long-term effects on children's brains and bodies. Stress from an ACE is different than the everyday stress that all children experience. ACEs can cause asthma, diabetes, and heart disease.

What do ACEs mean for you and your child?

Your child's doctor may ask about ACEs. The doctor can use this to help your child and connect your family to helpful services.



Source: Robert Wood Johnson Foundation, 2013

The Good News

ACEs don't have to lead to health problems. When families care for children and give support, kids feel safe. This feeling is good for their brains and bodies. Other positive lifestyle changes for your family are eating healthy food, getting regular exercise, and getting a good night's sleep. These important things can help lower stress and health problems from ACEs.

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