

# Daily Tips to Combat ACEs

**Help build resilience in your children by finding time every day to connect!**

Adverse Childhood Experiences or ACEs can prevent children from living a healthy, happy life but we can tip the scales in their favor by finding ways to connect and creating Positive Childhood Experiences or PCEs.

To learn more about Positive Childhood Experiences, explore our content at [www.americanspcc.org](http://www.americanspcc.org)

**Mon.**

**Tues.**

**Wed.**

**Thurs.**

**Fri.**

**Sat.**

**Sun.**

## Support

One of the most powerful forces to combating ACEs is providing children with the support they need to feel safe, secure and like they belong. One of the best ways to show your children you support them is through listening. When was the last time you felt really heard? Think about how that made you feel and ask yourself, how do you think you can make your child feel that way?

## Ask Questions

Ritual questions you ask your children everyday are great to always remind them that you care about their experiences and what they think. Some people ask them at dinner, before bed or on the way to school. A good example is, "What is one thing you loved today and what is one thing you learned?"

## Accept

Everyone has expectations for what parenting and their child will be like. It can be hard to accept that reality doesn't match our expectations. Acknowledging and accepting these differences can help us break the cycle of ACEs. This also provides a great example for our children to be able to cope with disappointment. Try using language like, "It's ok to be sad when you don't get what you want. I get sad too when I don't get what I want. What can I do help you feel better? A hug or I can give you some space?"

## Repair

Mistakes happen, life happens. What is important and meaningful to the relationships we have with our children, is the repair. No one can be the perfect 100% of the time. Own it! It's a powerful example to give your children. Take ownership of mistakes you've made and let them know you care. Try using language like, "I'm sorry I yelled. That must have been scary for you. Sometimes when I get angry I yell at you and that's not ok. Next time when I get angry, I'll try to breath instead. Can I give you a hug to show I love you?"

## Make Space

Having a comfortable, special place in your home to connect with your child can do wonders to help them feel safe and supported. It can be as simple as a bean bag or chair with an extra cozy blanket. Anywhere you can come together and talk about their day or issues they may be facing.

## Give Choices

No one likes to feel powerless. We can help our children feel more in control by giving them choices when we can. Some examples would be, "Do you want to brush your teeth first? Or shower first?" or "Do you want to wear the red shirt or the blue shirt?" This also helps when when things aren't a choice. "You have to clean your room, but you can do it before or after dinner, your choice."

## Be Kind

Life is hard. For kids and adults! Try to practice kindness for yourself and them. It helps to assume everyone has their best intentions at heart and are just trying to communicate with us. I know it can be tempting to think, "My baby is screaming just to upset me." but they are just trying to connect. Try thinking about how to connect, and focus on kindness.