Parenting to prevent and heal ACEs
(Adverse Childhood Experiences)

Donna Jackson Nakazawa, *Childhood Disrupted: How Your Biography Becomes Your Biology & How You Can Heal*

“The main point is this: No matter how old you are – or how old your child may be, there are scientifically supported and relatively simple steps that you can take to reboot the brain, create new pathways that promote healing, and come back to who it is you were meant to be.”

**NURTURE & PROTECT KIDS AS MUCH AS POSSIBLE**

Be a source of safety and support.

**MAKE EYE CONTACT**

Look at kids (babies, too). It says, “I see you. I value you. You matter. You’re not alone.”

**GIVE 20-SECOND HUGS**

There’s a reason we hug when things are hard. Safe touch is healing. Longer hugs are most helpful.

**HUNT FOR THE GOOD**

When there’s pain or trauma, we look for danger. We can practice looking for joy and good stuff, too.

**HELP KIDS TO EXPRESS MAD, SAD & HARD FEELINGS**

Hard stuff happens. But helping kids find ways to share, talk, and process helps. Our kids learn from us.

**MOVING AND PLAY**

Drum. Stretch. Throw a ball. Dance. Move inside or outside for fun, togetherness and to ease stress.

**SAY, “SORRY”**

We all lose our patience and make mistakes. Acknowledge it, apologize, and repair relationships. It’s up to us to show kids we’re responsible for our moods and mistakes.

**BE THERE FOR KIDS**

It’s hard to see our kids in pain. We can feel helpless. Simply being present with our kids is doing something. It shows them we are in their corner.

**SLOW DOWN OR STOP**

Rest. Take breaks. Take a walk or a few moments to reset or relax.

**KEEP LEARNING**

Understand how ACEs impact you and your parenting.

More tips & resources for parents on back.
Support for parents with ACEs

“The best thing we can do for the children we care for is to manage our own stuff. Adults who’ve resolved their own trauma help kids feel safe.” — Donna Jackson Nakazawa

There are many paths to healing. Learn more about these well-researched supports in Childhood Disrupted.

“Learning about ACEs is a start but sometimes we need more. Many people with ACEs have never had their pain validated. Understanding that there exists a biological connection between what they experienced in childhood, and the physical and mental health issues they face now, can help set them on a healing path, where they begin to find new ways to take care of themselves, and begin new healing modalities.” — Donna Jackson Nakazawa

Thanks to Donna Jackson Nakazawa for allowing ACEs Connection to paraphrase her research. Please add your logo on the front and share freely.