



Help children identify, express and manage emotions.



Create safe physical and emotional environments. (home, school, community, systems).



Understand, prevent and respond to ACEs.



“...One of the biggest myths that we have to bust is that if you have experienced childhood adversity, there’s nothing we can do about it.”

– Nadine Burke Harris, MD, MPH, FAAP, Surgeon General of California

What is resilience?

Research shows that if caregivers provide a safe environment for children and teach them how to be resilient, that helps reduce the effects of ACEs.

What does resilience look like?

Having resilient parents and caregivers who know how to solve problems, have healthy relationships with other adults, and build healthy relationships with children.

Building attachment and nurturing relationships:

Adults who listen and respond patiently to a child in a supportive way, and pay attention to a child’s physical and emotional needs.

Building social connections.

Having family, friends, neighbors, community members who support, help and listen to children.

Meeting basic needs:

Provide children with safe housing, nutritious food, appropriate clothing, and access to health care and good education, when possible. Make sure children get enough sleep, rest, and play.

Learning about parenting, caregiving and how children grow:

Understand how caregivers can help children grow in a healthy way, and what to expect from children as they grow.

Building social and emotional skills:

Help children interact in a healthy way with others, manage emotions, communicate their feelings and needs, and rebound after loss and pain.

Resources:

[National Parent Helpline](#)
1-855-4A PARENT
(1-855-427-2736)

[Number Story](#)
[ACEs Too High](#)

[PACes Connection](#)
[Resource Center](#)
[Parenting with PACes](#)

