

# Turning the Tide *for* Traumatized Children

Almost half of U.S. children — about 35 million — have suffered one or more types of adverse childhood experiences (ACEs), and our youngest children are at especially high risk.

## Over 1 in 4

of all confirmed cases of child abuse and neglect involve children under age three, and victimization is most common for children under a year.



### Common types of ACEs experienced by young children

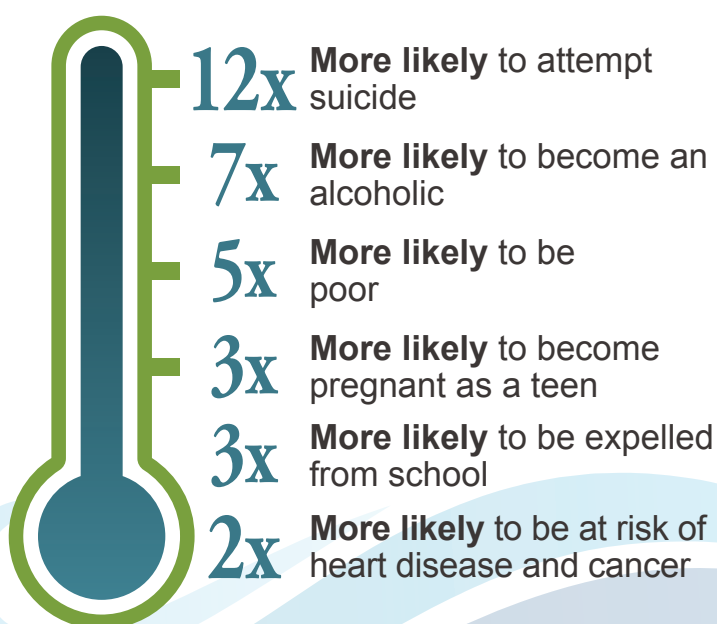


- Accidental injuries: drowning, falls, choking and poisoning
- Natural disasters
- Violence/Dramatic loss
- Discrimination/Forced displacement

ACEs make a devastating impact because *developing brains* are highly susceptible to toxic stress.



### The more ACEs a child suffers the more devastating the impact:



### Examples of challenging behaviors that result from toxic stress:

- Suffer anxiety in unfamiliar situations
- Difficult to soothe
- Aggressive or impulsive
- Prone to bedwetting
- Become withdrawn
- Tend to lose recently acquired skills



For a traumatized child to bounce back, they need *at least one adult* who gives them affection, a sense of belonging and support.



### Children who attend quality early learning programs are

# 75% less likely to...

- Drop out of high school
- Be arrested for violent crimes
- Become teen parents
- Be unemployed compared to their peers who did not attend preschool

### In a quality early learning program, children...

- Feel safe and secure
- Build strong bonds with the early educator
- Receive positive attention and guidance

### Consider these tips when working with traumatized children:



#### Establish a Daily Routine

A daily routine provides predictability, that can be calming.



#### Lead with Empathy

Put yourself in a child's shoes and try not to judge the trauma.



#### Concentrate on Support

You don't need to know exactly what caused the trauma to be able to help.



#### Provide Encouragement

Help children feel they're good at something and can influence the world.



#### Help Build Self-Regulation

Schedule regular brain breaks to help children stay focused.



#### See What You Can Do To Help

Ask children directly what you can do to help them make it through the day.

Early educators who create caring environments can make *a concrete difference* in the lives of the young children they serve.

