

Nurturing the Seeds of Success in the Children You Serve

ACEs Resource List

ACES Too High. A news site that reports on research about adverse childhood experiences, including developments in epidemiology, neurobiology, and the biomedical and epigenetic consequences of toxic stress. We also cover how people, organizations, agencies and communities are implementing practices based on the research. This includes developments in education, juvenile justice, criminal justice, public health, medicine, mental health, social services, and cities, counties and states.
<https://acestoohigh.com>

Building Resilience in Children, Healthy Children.org, September 4, 2014

Healthy Children.org is a parenting website created by the Academy of Pediatrics. This link is to an article about helping children develop the ability to negotiate their own challenges and to be more resilient, more capable, and happier based on seven building blocks of resilience.

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/BuildingResilience/Pages/Building-Resilience-in-Children.aspx>

American Society for the Positive Care of Children website

Organization focused on awareness, education, and advocacy efforts for children.

Source of data, graphics and resources about children facing ACEs.

<https://americanspcc.org/>

The Deepest Well: Healing the Long-Term Effects of Childhood Adversity, Nadine Burke Harris, 2018.

This book is about science of adverse childhood experiences, told from the perspective of a pediatrician on the front lines. Harris writes, "This is a function of human biology. It is the way all of our bodies are wired. And now we can use this science to improve outcomes for everyone."

Essentials for Childhood: Creating Safe, Stable, Nurturing Relationships and Environments for All Children. Department of Health and Human Services, Centers for Disease Control, National Center for Injury Prevention and Control, Division of Violence Prevention. 2018.

Safe, stable, nurturing relationships and environments are essential to prevent early adversity, including child abuse and neglect, and to assure that all children reach their full potential. <https://www.cdc.gov/violenceprevention/pdf/essentials-for-childhood-framework508.pdf>

Fostering Resilience, website of Kenneth Ginsburg, M.D., M.S. Ed

The theme that ties together his clinical practice, teaching, research and advocacy efforts is that of building on the strength of teenagers by fostering their internal resilience. His goal is to translate the best of what is known from research and practice into practical

approaches parents, professionals and communities can use to prepare children and teens to thrive.

<http://www.fosteringresilience.com/>

The Lifelong Effects of Early Childhood Adversity and Toxic Stress, Academy of Pediatrics, December 26, 2011.

“Sound health in early childhood provides a foundation for the construction of sturdy brain architecture and the achievement of a broad range of skills and learning capacities. Together these constitute the building blocks for a vital and sustainable society that invests in its human capital and values the lives of its children.”

<https://pediatrics.aappublications.org/content/pediatrics/129/1/e232.full.pdf>

The Trauma-Informed School: A Step-by-Step Implementation Guide for Administrators and School Personnel, Kristin Souers and Pete Hall, 2016.

The authors—a mental health therapist and a veteran principal—provide proven, reliable strategies to help you

- Understand what trauma is and how it hinders the learning, motivation, and success of all students in the classroom.
- Build strong relationships and create a safe space to enable students to learn at high levels.
- Adopt a strengths-based approach that leads you to recalibrate how you view destructive student behaviors and to perceive what students need to break negative cycles.
- Head off frustration and burnout with essential self-care techniques that will help you and your students flourish.

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