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

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

MAKE EYE CONTACT

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.

MAKE EYE CONTACT

GIVE 20-SECOND HUGS
There’s a reason we hug when things are hard. Safe touch is healing. Longer hugs are most helpful.

GIVE 20-SECOND HUGS

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

HUNT FOR THE GOOD

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.

HELP KIDS TO EXPRESS MAD, SAD & HARD FEELINGS

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

MOVE AND PLAY

SLOW DOWN OR STOP
Rest. Take breaks. Take a walk or a few moments to reset or relax.

SLOW DOWN OR STOP

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.

BE THERE FOR KIDS

KEEP LEARNING
Understand how ACEs impact you and your parenting.

KEEP LEARNING

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

“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

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

- Meditation, Hypnosis, & Guided Imagery
- Nutrition, Exercise & Sleep
- Safety & Self Care
- Understanding ACEs
  - ACEs Too High
  - PACEs Connection
    - Parenting with PACEs
    - Resource Center
- Somatic Processing (Body-Based)
- Neurofeedback (Brain-Based)
- EMDR Therapy
- Draw & Write To Heal
- Relationships & Community
- Talk/Cognitive Behavioral Therapy

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