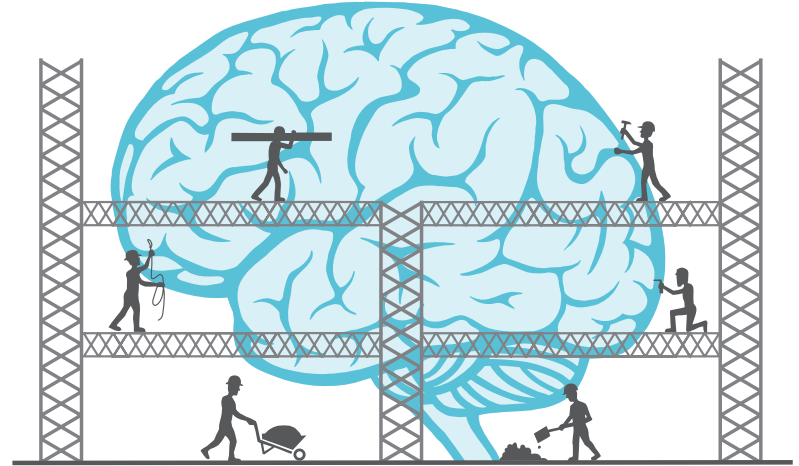


# BUILDING STRONG BRAINS TENNESSEE



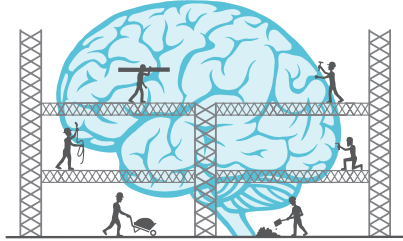
Tennessee Department of Health, Authorization No. 343577, November 2017, 100,000 copies. This public document was promulgated at a cost of \$.03 per copy.

The future prosperity of all  
Tennesseans depends on the  
investments we make  
in children today.

**Adverse Childhood Experiences (ACEs)**  
are stressful or traumatic experiences such as abuse, neglect and family dysfunction. They disrupt the architecture of the developing brain and can lead to long-term challenges in health and behavior.

**Safe, stable, nurturing relationships and environments**  
build strong brain architecture that supports all  
future learning, behavior and health.

## BUILDING STRONG BRAINS TENNESSEE



### SAFE

*Free from physical and emotional harm.*

### STABLE

*Familiar routines, people and places.*

### NURTURING

*Sensitively care and encourage development.*



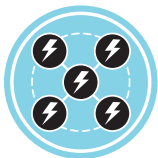
Serve and return interactions with adults are vital to building a solid foundation for healthy brain architecture.



Toxic stress from prolonged exposure to adversity without adequate support impairs brain development and executive function.



Resilience, which refers to a child's ability to use coping skills to counterbalance negative experiences, is built through safe, stable, nurturing environments.



Charging stations provide children needed resources and mentors that can power up their learning to keep them engaged and inspired in order to build skills to help them succeed.

## WHAT CAN BE DONE TO PREVENT OR REDUCE THE IMPACT OF ADVERSE CHILDHOOD EXPERIENCES?

- Equip community/congregation/organization leaders and others with information about Adverse Childhood Experiences (ACEs)
- Tutor children at an afterschool program
- Provide respite for parents by offering practical assistance or a parent's night out
- Advocate for quality childcare for your community
- Volunteer to assist new parents or a teen mother
- Find ways to connect with children to provide safe, stable, nurturing relationships and environments, like Scout troops, youth sports, theater, music and dance
- Collaborate with other organizations to serve children and families in struggling communities
- Coordinate a meeting for your group to discuss ways to prevent and reduce the effects of Adverse Childhood Experiences (ACEs) in your community/congregation/organization
- Support parent training programs
- Mentor a child
- Be a social support to parents
- Refer families of young children to the Governors Books from Birth Foundation (<https://www.governorsfoundation.org/>)
- Become involved with Adverse Childhood Experiences (ACEs) efforts in your community
- Help change the culture in your organization and community to be more Adverse Childhood Experiences (ACEs) and trauma-informed
- Refer children and families to needed services
- Provide resources about substance abuse and mental health in your community
- Create a calm down center or peace corner for children who are feeling emotionally overwhelmed. Equip the center with soothing objects or images that will help them become calm and able to rejoin their group
- Embed Adverse Childhood Experiences (ACEs) information on your organization's website

Visit

<https://www.tn.gov/tccy/tccy-aces>

for additional Adverse Childhood Experiences resources