

Adverse childhood experiences

and the lifelong consequences for lifestyle and health

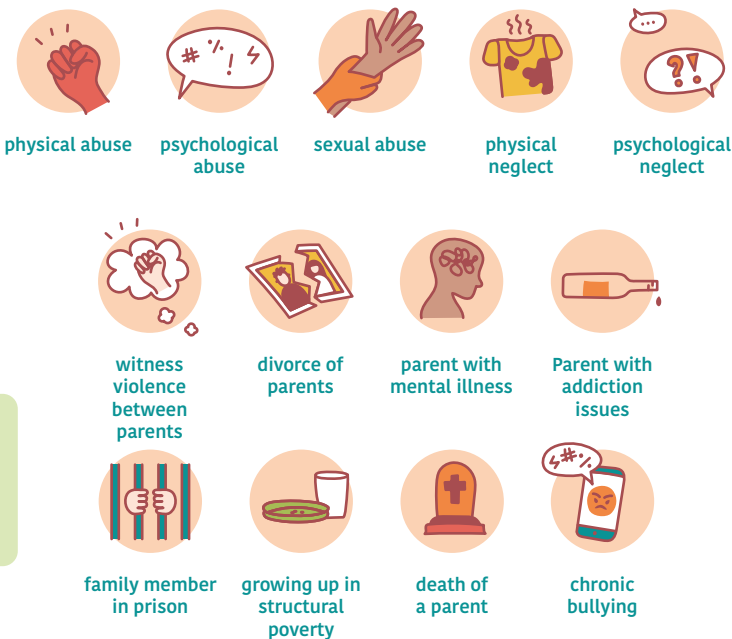
What are adverse childhood experiences?

If a child grows up with a lot of...



Adverse Childhood Experience = ACE

Most common adverse childhood experiences (ACEs)



How often do ACEs occur in the Netherlands?

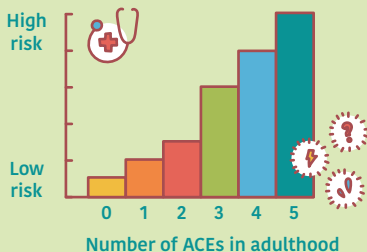
Number of ACEs per person

- Four or more: 11%
- Three: 6%
- Two: 9%
- One: 17%
- None: 56%



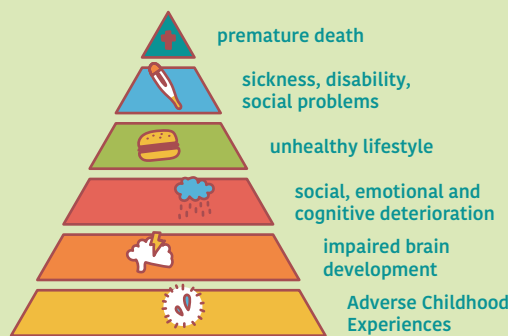
ACEs occur everywhere: in every street, neighbourhood, school and work place.

Impact on health



An accumulation of ACEs is dangerous. The more ACEs, the higher the risk is of a negative impact on health, unhealthy behaviour and lower life expectancy.

Impact on life expectancy



The impact of ACEs is lifelong. Those with 4 or more ACEs have an increased risk of dying 20 years earlier and of passing ACEs on to the next generation.

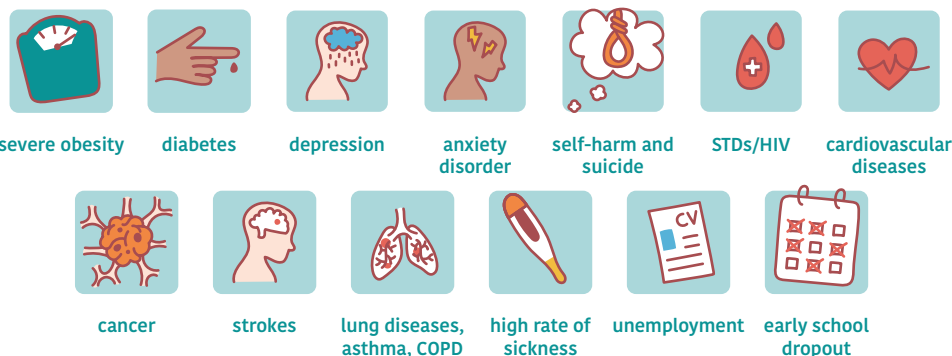
The impact of ACEs on high-risk behaviour and health

People with four or more ACEs run a much higher risk of an unhealthy lifestyle and various serious diseases and chronic disorders.

High-risk/unhealthy behaviour



Negative physical, psychological and social health outcomes



Adverse childhood experiences

parenting and growing up safely

Difference between parent and guardian



Parent

Something you **are**; responsible for your child for the rest of your life.



Guardian

Something you **do**; a task you can share with other guardians.



Parenthood makes you both strong and vulnerable

every parent wants the best for their child
it can be difficult for all parents



Wanting the best doesn't mean that **doing** your best always works.

Growing up safe



Teach healthy habits



Loving care and attention



Protect against danger



Learn emotion regulation



What is required from parents for children to grow up safe?



Sufficient rest, structure and boundaries



Support dealing with stress and tension



Emotional availability and tuned in to a child's needs

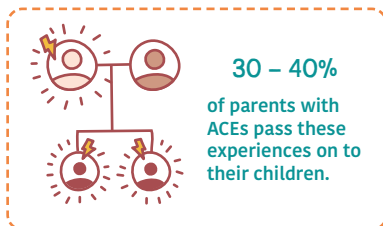


Opportunities for exploration and autonomy

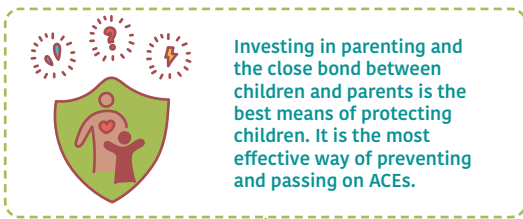
Parents with adverse childhood experiences



Adults with four or more ACEs have an increased chance of experiencing attachment and relationship problems, psychological disorders and an unhealthy lifestyle

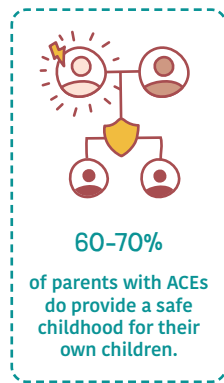


ACEs influence a parent's stress system. This can make raising children even more difficult



Parents play an important role in passing on an unhealthy lifestyle to their children.

Protective factors for parents with ACEs



Choose a stable and reliable partner



Process own ACEs



Build a loyal and supportive social network



Ability to cope with tension, stress and setbacks



Innate traits (e.g., IQ)



Making good choices and creating future prospects



Having realistic and appropriate expectations of parenting and child(ren)

Support parents

Every parent can benefit from these factors that help improve parenting skills. They prevent stress building up and avoid children experiencing ACEs.



Invest in helping parents, with policy and in practice! This is how you contribute to children growing up healthy and safe.



Bear in mind the vulnerability and complexity of parenting



Help reduce stress factors for parents



Provide parents with social and practical support



Educate parents about the impact of their own ACEs on their parenting



Ensure parents with ACEs have the necessary help



Help parents develop their parenting skills



Contribute to a society that is supportive of parents.



AUGEO FOUNDATION

augeo.nl/en/aces