



Your child's future starts NOW

Experiences in a child's life can impact their health and well-being as an adult!

As a parent, you know it's true: time flies.

Your little ones are growing up so quickly. Before you know it, they are in elementary school and, in the blink of an eye, graduating and making their way into the world.

But did you know that your child's experiences when they are very young play a big part in how their future is likely to unfold?

Years of research findings have shown that negative experiences early in a child's life can have a big impact on their health and well-being as an adult. These negative events – called ACEs (which stands for adverse childhood experiences) – can increase the likelihood of substance use and abuse, depression, unintended pregnancy, obesity, heart disease, and missed work days. For children, ACEs can even significantly impact their growing brain.



Simply put, ACEs are traumatic events that occur in a child's life.



Physical Abuse



Emotional Abuse



Addiction



Parental Issues

Has your child experienced any of the following?

- | | |
|--|--|
| <input type="checkbox"/> Insults and actions that caused them to be afraid of being physically hurt. | <input type="checkbox"/> Having separated or divorced parents. |
| <input type="checkbox"/> Injuries from being pushed, grabbed, slapped, or hit. | <input type="checkbox"/> Having a mother, stepmother, or other female guardian who has been abused, pushed, grabbed, hit, or threatened with a weapon. |
| <input type="checkbox"/> Sexual abuse. | <input type="checkbox"/> Living with someone who has been a problem drinker or uses drugs. |
| <input type="checkbox"/> Not having enough to eat, having to wear dirty clothes, or feeling unsafe or unprotected. | <input type="checkbox"/> Living with someone who is depressed, mentally ill, or suicidal. |
| <input type="checkbox"/> Having caretakers who were too drunk to care for them. | <input type="checkbox"/> Having a member of the household who has been in prison. |

The **more times** you can answer **YES**, the **higher your child's risk** for **negative outcomes** as an adult. However, you can help build resiliency! We are here to help!

Dayton Schools are here for you. Our greatest wish is for your child to grow up to be a happy, healthy, successful adult. **It's why we come to work every day.**

Read on to learn more about building a bright future for your child. And please reach out if your family needs help.

DAYTON
INDEPENDENT
SCHOOLS
INSPIRE • ENGAGE • GROW



Protective Factors Strong families bright futures

Raising a family takes work. Parenting is hard, and sometimes the stress can be overwhelming. But knowing how to handle stressful times can make all the difference for your child, and can put them on the path to a bright future.

Many people are familiar with “risk factors” – things that make a person more likely to experience something harmful, like a disease, injury, or consequence. On the flip side, “protective factors” can guard against harm, make families stronger, and help keep children safe.

Families who adopt these protective factors are better prepared to deal with life’s difficulties and help lessen their impact on children. They are strong families.



STRONG FAMILIES ARE FLEXIBLE.

Show your children that challenges can be managed and caring grownups have their back.

STRONG FAMILIES NEED FRIENDS.

Build relationships with neighbors, other parents, and friends to show your children they are part of a community that cares.



STRONG FAMILIES HELP THEIR CHILDREN GROW.

Learn more about your growing child’s needs. Attend parenting classes, reach out to trusted friends and family members, or search the internet for parenting tips and ideas.

STRONG FAMILIES NEED HELP SOMETIMES.

Meet your children’s basic needs – like food, shelter, clothing and health care. And don’t be afraid to ask for help when you need it.



STRONG FAMILIES TALK AND SHARE.

Talk to your children and **teach** them how to express themselves appropriately.

STRONG FAMILIES SHOW THEIR LOVE.

Love your children and show them through your actions that you are their chief provider, protector, and teacher.



Whatever choices you have made in the past, every day is a new chance to make better ones moving forward. You are not alone. If you don’t know where to turn, start with us. Contact Dayton Schools’ Preschool Department at earlylearning@dayton.kyschools.us or (859) 292-7492. We would be glad to help.