



Parents as Teachers (PAT) Preventing ACEs

PROCESS

Complete Childhood Experiences Worksheet (ChEW) with parent(s)/caregiver(s) to explore past ACEs that may be impacting the family, and which positive supports are present for the child. Since these questions can be very sensitive, it is best to discuss at a time when families and home visitors have developed a stronger relationship.

It is important to note that the ChEW is designed to support conversation around childhood experiences and is **not a screening tool**. Use your professional judgment, expertise in serving families, and relationship with each family to guide how and when you use the ChEW.

You are encouraged to complete the ChEW in **two or more parts**:



PART 1

Discuss and complete the **Caregiver History** section of the ChEW. See page 2 for an example of the Family Well-Being section of the Personal Visit Planning Guide.



PART 2

Discuss and complete the **Your Child's Experience** section of the ChEW. See page 2 for an example of the Development-Centered Parenting section of the Personal Visit Planning Guide.

PURPOSE

Potential strategies to use when engaging parent(s) and caregiver(s) in conversations around adverse and positive childhood experiences.

EXAMPLE SCENARIOS

for when to use optional resources:

- Child is currently exposed to/at risk of adverse childhood experiences (ACEs).
- Trauma history or more recent experience revealed during course of services.





PART 1: EXAMPLE

Family Well-Being

Intent: What will we focus on at this visit?

Discuss and complete the Caregiver History section of the Childhood Experiences Worksheet (ChEW).

Categories (check targeted category):

- Basic essentials Education and employment Physical health of the family
■ Mental health and wellness Early care and education Relationships with family and friends
Recreation and enrichment Other:

Prompts or questions to understand the family's perspective and practice of the topic:

What, if any, experience have you had in discussing your childhood experiences and completing the ChEW? Tell me what you know about positive and adverse childhood experiences.

Parent educator resource(s) or other materials:

Preventing Adverse Childhood Experiences Companion Guide

Key points:

Parent handout(s) or other information: *Chosen handout(s) from the Companion Guide*



PART 2: EXAMPLE

Development-Centered Parenting

Intent: What will we focus on at this visit?

Discuss and complete the Your Child's Experience section of the Childhood Experiences Worksheet (ChEW).

- Developmental topic (check targeted topic):** ■ Attachment Discipline Health
Nutrition Safety Sleep Transitions/routines Healthy births

Prompts or questions to understand the family's perspective and practice of the topic:

Tell me what you are currently doing to create positive experiences for your child.

Parent educator resource(s):

Preventing Adverse Childhood Experiences Companion Guide

Key points:

Parent handout(s): *Chosen handout(s) from the Companion Guide*



PART 3

Complete options below based on results of the ChEW and family interest.

- ☀ Discuss Adverse Childhood Experiences (ACEs) and Positive Childhood Experiences (PCEs).
 - Educate on prevalence and awareness of impact on health and parenting
 - Discuss ACEs in current environment for children in home and role of
 - Positive Childhood Experiences
 - Protective Factors
 - Refer to appropriate mental health treatment provider, child mental health service provider or community resource for support.
- ☀ Review and discuss *Understanding ACEs and Parenting to Prevent and Heal ACEs* handouts with caregiver.
- ☀ Review and discuss *4 Building Blocks of HOPE* with caregiver.
- ☀ Discuss how to recognize protective factors in order to reduce ACEs impact for children utilizing one or more of the tools in the PACE Companion Guide.
- ☀ Discuss stress reduction and self-care strategies with caregiver.
- ☀ Discuss impact of **substance misuse** in context of child ACEs in the home; refer to local resources.
- ☀ Discuss impact of **mental health** in context of child ACEs in the home; refer to local resources.
- ☀ Discuss impact of **interpersonal violence** (physical, sexual, psychological/emotional, coercion) in context of child ACEs in the home; refer to local resources.
- ☀ Discuss **additional ACE factors**: family member incarcerated; refugee or immigration experience; history of physical or emotional neglect; environmental substance exposures; racism and/or historical trauma; death, divorce, or separation of caregivers; living with a family member with mental illness; mass impact events (e.g., COVID, experience with war, natural disaster). **Note**: See *PAT Curriculum and Relationships with Family and Friends* for additional resources.
- ☀ Refer caregiver(s) to applicable community resources and supports.



PART 4

Below are some suggested PAT Curriculum resources that can be used along with the Companion Guide to support conversations with families.

PAT PARENT EDUCATOR RESOURCES

PAT PARENT HANDOUTS

INTERPERSONAL VIOLENCE

- Intimate Partner Violence

- When Control Becomes a Pattern
- Reflections on a Healthy Relationship

SUBSTANCE MISUSE

- Developmental Effects of Substance Use
- Substance Use in Families with Young Children

- Keeping Healthy – Now and Later
- The Effects of Substance Use on Children

MENTAL HEALTH

- Treatment for Clinical Postpartum Symptoms
- Mental Health Screening and Early Intervention
- Postpartum Adjustment
- Supporting Moms with Severe Postpartum Conditions

- Adjusting After Your Baby's Birth
- Baby Blues? Or Something More?
- Family Support for Parental Depression
- How Am I Feeling?

ADDITIONAL PAT CURRICULUM RESOURCES (if applicable)

- Family Well-Being
- Stress and Resilience
- Trauma and Families
- Attachment and Brain Development
- The Importance of Touch
- Supporting Prenatal Attachment

- What's on Your Mind? Exploring Hopes, Desires, Questions, and Concerns
- Circles of Support
- Helping Your Child Cope After a Crisis
- Pretend Play After Scary Events
- Ways to Build Attachment with Your Baby
- Prenatal Attachment
- Attachment Is Good for Your Baby's Brain
- What Is Your Role in Helping Your Child Develop Secure Attachment
- What Shapes Your Parenting?
- Coping with Stress
- Relaxation Breathing and Other Ways to Release Stress