



Focus On...

Adverse Childhood Experiences

Adverse Childhood Experiences (ACEs) are stressful or traumatic events that happen in childhood and can affect people as adults. They include events that affect a child or young person directly, such as abuse or neglect. ACEs also include things that affect children indirectly through the environment they live in. This could be living with a parent or caregiver who has poor mental health, where there is domestic abuse, or where parents have divorced or separated. ACEs can be single events, long-term or repeated experiences.

The Little Book of Adverse Childhood Experiences

A small group of front-line practitioners have developed "the little book of ACEs" to inform practitioners about what ACEs are, what their immediate effects are and how they can affect children in the short-term and throughout their lives. The resource- available below- offers some case study examples and discusses a number of different methods developed to manage the effects of ACEs and to prevent them occurring in the first place.

[Little Book of ACEs Final-2.pdf](#)

The Impact of Covid 19 and Adverse Childhood Experiences (ACEs)

According to a research article conducted by Children in Need. Covid 19 has had an impact on our children and has been recognised as an Adverse Childhood Experience for all children.

Eight impact themes were reported:

1. Isolation: children and families missed personal connections, relationships and support from trusted adults and peers outside the home.
2. Increased emotional wellbeing and mental health challenges: the pandemic impacted on existing mental health and new issues emerged for children and their parents. Anxiety, fear and stress are particular concerns.
3. Pressure on family relationships: families were under pressure, from difficulties coping with stress and worry to crisis. Conflict and difficult relationships increased, whilst respite for children and parents reduced.
4. Increased exposure to harm: children faced increased risks both within families and outside the home, e.g. with increased time online and being unable to access safe spaces.
5. Basic needs were harder to meet: children and families faced hunger and increased financial hardship. Digital access became a basic need in lockdown.
6. Reduced access to education & activities: children lacked the stimulation, development opportunities, structure & positive engagement these can bring.
7. Risks to physical wellbeing: children's physical wellbeing was at risk through reduced nutrition or physical activity for fitness and for those with health conditions, from the pandemic itself.
8. Concern for the future: children, young people and families are concerned for the future, such as education transitions, loss of jobs or risks to job prospects and financial status.

For further information on ACEs click this link [Adverse Childhood Experiences- Lancashire Safeguarding Children Board](#)