

ACEs webinar for parent and carers

This webinar is designed for parents and carers who want to prevent Adverse Childhood Experiences (ACEs) or support their child(ren) to heal from previous adversity. It has been developed by the Educational Psychology Service in collaboration with the Somerset Parent Carer Forum as part of a Public Health project. This project aims to raise the awareness of ACEs, and provide adults with strategies they can use to support our children and young people to become resilient and healthy adults.

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PART 1: <https://vimeo.com/561347748/69eb5b1bda>

- ❖ Childhood Brain Development from the NSPCC:
<https://www.youtube.com/watch?v=hMyDFYskZSU>

Part 2: <https://vimeo.com/561348659/12baf3245c>

- ❖ Childhood Trauma and the Brain from the UK Trauma Council:
<https://uktraumacouncil.org/resources/childhood-trauma-and-the-brain?cn-reloaded=1&cn-reloaded=1>
- ❖ Section 5: What is Emotion Coaching?: [Chapter 1: Introduction to Emotion Coaching](#) « [Gottman Institute Emotion Coaching](#)

Signposting links

Wellbeing

[Mind](#)

[Somerset children & young people : Health & Wellbeing](#)

[Kooth](#)

[Somerset Big Tent](#)

ACEs resources

[ACEs resource library](#)

Better sleep

[Mental Health](#)

[NHS - Sleep tips](#)

[Cerebra](#)

Emotion Coaching

[Emotion Coaching](#)

[ehcap](#)

Other helpful websites

[Somerset Parent Carer Forum](#)

[Contact](#)

[Challenging Behaviour Foundation](#)

Evaluation form

ACEs webinar – Post-Evaluation – Parents/Carers: [ACEs Post-Evaluation - Recorded webinar for Parents/Carers \(office.com\)](#)