



# Childhood Trauma is Too Common

By Angie Kendall

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We all want to be the best parents and caregivers we can be - providing good lives for our children and preparing them for a successful future.

Many of us believe that experiences in childhood can shape a person in adulthood, and the research also supports it. We have learned just how much traumatic stress in early childhood impacts the way a child learns, grows and plays. We also know that trauma in youth has lasting impacts into adulthood. From health problems to disease, disability, social problems and even early death, the connections are undeniable and very real. Check out our newest infographic (at right), which shares what this means and why it matters. For even more information, check out the full infograph on our *now what?* blog at [www.childabuseqc.org](http://www.childabuseqc.org).

By knowing more, we can all do more. It truly takes a village to build a strong community, and there is hope – hope that our community can build successful families and raise healthy, happy children. And it begins with you.

Join us online at [www.childabuseqc.org](http://www.childabuseqc.org) to learn more about the Adverse Childhood Experience Study, how to prevent child abuse and build resiliency and join caregivers like you on our *now what?* blog!

*now what?* is a project of the prevention team of the Eastern Iowa-Western Illinois Trauma Informed Care Consortium (a partnership with Child Abuse Council and Family Resources, Inc). This project is in partnership with Prevent Child Abuse Iowa through the Community Based Prevention Response to ACES project. *now what?* was developed after a community assessment of child abuse prevention in the Quad Cities.

The goals of *now what?* are to:

1. Normalize parents seeking support and help as a manner of child abuse prevention
2. Engage community in how they can work to prevent child abuse
3. Work to build resiliency in families through promotion of the five protective factors

The solution begins with you.

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**WE HAVE MOVED! PLEASE NOTE OUR NEW CONTACT INFORMATION BELOW!**

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## Childhood Trauma is too common.

### Becoming trauma informed. Why childhood trauma matters.

Most of us believe that early experiences can determine who we become as adults. The Adverse Childhood Experience (ACE) Study confirms it. It's about more than the numbers. It's about how we can respond to prevent those traumas before they happen. And it's about how we respond and intervene when they do take place. This isn't a lost cause – there is hope that we can end this destructive cycle and improve the lives of future generations.

### Childhood Abuse

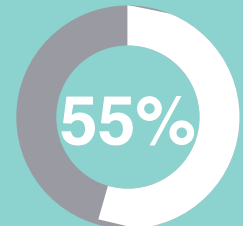
- physical abuse
- psychological abuse
- sexual abuse
- physical and emotional neglect



### Household Dysfunction

- substance abuse
- family imprisonment
- mental illness
- domestic violence
- divorce

**1 in 5**  
**ADULTS**  
reported three or more  
childhood traumas



at least **ONE** adverse  
childhood experience

But there is  
**HOPE.**

It is said that if the brain can hurt, the brain can heal. But it takes the community coming together to strengthen families.

The more we know about adverse childhood experiences and their impact on lives and the community, the more we can advocate for safe, stable home environments and loving relationships.



"If we can predict it, we can prevent it," Dr. Rob Anda

Funding provided by the Big Ten Conference Penn State Bowl Revenue Penalty funds, and distributed by United Way of Johnson and Washington on behalf of The University of Iowa.

Help keep our children safe.  
For the full infographic visit:  
[www.childabuseqc.org](http://www.childabuseqc.org)

