

Building Strong Brains Action Items

1. Equip community/congregation/organization leaders and others with information about Adverse Childhood Experiences (ACEs).
2. Tutor children at an afterschool program.
3. Provide respite for parents by offering practical assistance or a parent's night out.
4. Advocate for quality childcare for your community.
5. Volunteer to assist new parents or a teen mother.
6. Find ways to connect with children to provide safe, stable, nurturing relationships and environments, like Scout troops, youth sports, theater, music and dance.
7. Collaborate with other organizations to serve children and families in struggling communities.
8. Coordinate a meeting for your group to discuss ways to prevent and reduce the effects of Adverse Childhood Experiences (ACEs) in your community/congregation/organization.
9. Support parent training programs.
10. Mentor a child.
11. Be a social support to parents.
12. Refer families of young children to the Governors Books from Birth Foundation (<https://www.governorsfoundation.org/>).
13. Become involved with Adverse Childhood Experiences (ACEs) efforts in your community.
14. Help change the culture in your organization and community to be more Adverse Childhood Experiences (ACEs) and trauma-informed.
15. Refer children and families to needed services.
16. Provide resources about substance abuse and mental health in your community.
17. Create a calm down center or "peace corner" for children who are feeling emotionally overwhelmed. Equip the center with soothing objects or images that will help them become calm and able to rejoin their group.
18. Embed Adverse Childhood Experiences (ACEs) information on your organization's website.
19. Read to and with children, actively engaging them, at libraries, churches and other neutral and comfortable locations.
20. Establish "Charging stations to" provide children needed resources and mentors that can power up their learning to keep them engaged and inspired in order to build skills to help them succeed.
21. Form a speakers bureau to share ACEs and BSB with other Kiwanis Clubs, civic groups, church groups, parents, etc.
22. Schedule play and exercise and exploring days at farms, parks, etc., with small groups of children (about 10).
23. Implement the "Wheel of Fortune" or "Game of Life" (see Kiwanis magazine article) with middle and high school kids.
24. Mentor Circle K Club and Key Club members so they can provide some of the above services and support to younger children.