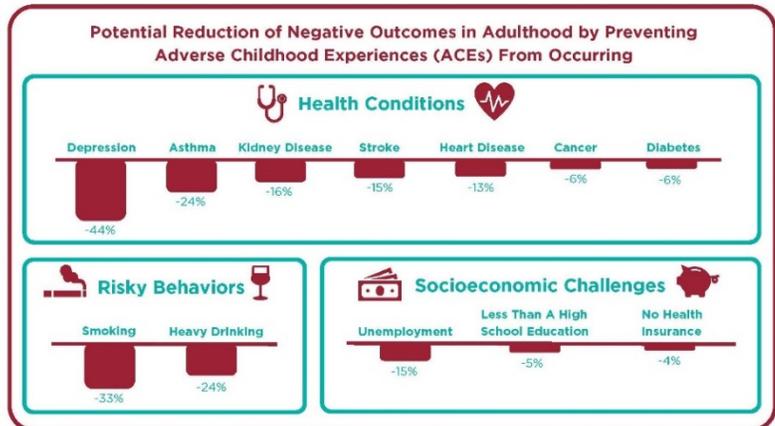


Chronic and Uncontrolled Stress Can Disrupt Development

Stress is a natural part of life, but chronic and uncontrollable stress is toxic. The biology of stress is intended to be short term and can be calmed in safe environments and dependable relationships. When children experience chronic adversity and trauma, the neurological and hormonal impacts can alter brain development and biology in ways that have outcomes across the lifespan including mental and physical health. The prevention of ACEs holds incredible potential for ensuring healthy development and impacting societal challenges in multiple domains.



Early Childhood Development Is a Smart Investment

The earlier the investment, the greater the return.



Investing Early Works Now and Saves Money Later

To create the most effective and efficient change, interventions should occur in early childhood. Model programs offer a return between \$3 and \$9 per dollar invested and are much cheaper than interventions that work to address problems in our educational, criminal justice, and healthcare systems. Early childhood intervention does not only positively impact the child but also the parents, the taxpayers, and the next generation.

Alternately, each case of child abuse or neglect causes \$830,000 dollars in costs across the lifetime. We can continue to pay for the effects of childhood adversity, or we can work to prevent it.

Adversity and Trauma Do Not Dictate a Child's Future

Research suggests that children can increase their resilience so that even amidst adversity they can develop in a healthy way. Resilience can be increased by supporting families. Although all parents want the best for their children, many families are isolated and are trying to navigate challenges without being plugged into the support present in their community.

Policymakers at the federal, state, county, and local levels can support policies and programs to help build protective factors in families (e.g. healthy attachment to parents, access to community resources, and supportive school and home environments).

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References available upon request.

