**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.

**ACEs Webinar for parents and carers**

**PART 1:** [https://vimeo.com/561347748/69eb5b1bda](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fvimeo.com%2F561347748%2F69eb5b1bda&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cddc39890916840b0104008d92c252da7%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637589360450522536%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=3az9gqCPzT0kyn37O9cPgA9UPwDPLWM%2BGD%2F8CCultFk%3D&reserved=0)

* Childhood Brain Development from the NSPCC:[https://www.youtube.com/watch?v=hMyDFYSkZSU](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DhMyDFYSkZSU&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cccd7ffe7d4de4f96d85108d925df84b3%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637582464196319982%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=RsIDZsXoEQlQVXPas3bdmihwILo8JcSRujhycti6fF8%3D&reserved=0)

**Part 2:** [https://vimeo.com/561348659/12baf3245c](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fvimeo.com%2F561348659%2F12baf3245c&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cddc39890916840b0104008d92c252da7%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637589360450532536%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=iRDhatm48BZFnc4JBsNG92EdEpdXOtfsJvXwFcKCVfk%3D&reserved=0)

* 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](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fuktraumacouncil.org%2Fresources%2Fchildhood-trauma-and-the-brain%3Fcn-reloaded%3D1%26cn-reloaded%3D1&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cccd7ffe7d4de4f96d85108d925df84b3%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637582464196319982%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=gPJRshnwcW%2BMHoZ2VQwKYXoRg7FVjh4RDOvK%2FauSa30%3D&reserved=0)
* Section 5: What is Emotion Coaching?: [Chapter 1: Introduction to Emotion Coaching « Gottman Institute Emotion Coaching](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Femotioncoaching.gottman.com%2Fonline-version%2Fchapter-1-introduction-to-emotion-coaching%2F&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cccd7ffe7d4de4f96d85108d925df84b3%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637582464196329975%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=ZShwugmysXgWl2WL4ysI4XHEjUZ%2BCvpbSINJP4idFe4%3D&reserved=0)

**Signposting links**

[**Wellbeing**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mind.org.uk%2Fworkplace%2Fmental-health-at-work%2Ftaking-care-of-yourself%2Ffive-ways-to-wellbeing%2F&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cddc39890916840b0104008d92c252da7%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637589360450602498%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=i1NooljdwDEDd%2BZFseDMwZot2rdQQUOfwgFXtdGLVBk%3D&reserved=0)​

[Mind](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mind.org.uk%2Fworkplace%2Fmental-health-at-work%2Ftaking-care-of-yourself%2Ffive-ways-to-wellbeing%2F&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cddc39890916840b0104008d92c252da7%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637589360450612780%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=LmtzUyIkzSTzS42utQFEzFvftlRmS6wvSeNiWFmV5RI%3D&reserved=0)​

[Somerset children & young people : Health &](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cypsomersethealth.org%2Fnew_home&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cddc39890916840b0104008d92c252da7%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637589360450622490%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=LtVHJpTasqPyOlv09L9WOyUPl8SCW00XDeAotFN6WNE%3D&reserved=0)[Wellbeing](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cypsomersethealth.org%2Fnew_home&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cddc39890916840b0104008d92c252da7%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637589360450632753%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=UdWBjL3w7uPw77FVErw%2F1zE6GLy7zTmvvd%2B3fHhmvpI%3D&reserved=0)​

[Kooth](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.kooth.com%2F&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cddc39890916840b0104008d92c252da7%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637589360450642733%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Pb%2F6V3LFzpFzURgVQsaD9nJfACbPtgOfH%2BLJYNwR6%2BA%3D&reserved=0)​

[Somerset Big Tent](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.somersetbigtent.org.uk%2F&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cddc39890916840b0104008d92c252da7%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637589360450642733%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=TlUkU%2BCDxxTDbUODd6mKB6GotYznnbcWC2GEL7SbWRw%3D&reserved=0)​

[**ACEs resources**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ftrello.com%2Fb%2F1lIACXrr%2Fadverse-childhood-experiences-resource-library&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cddc39890916840b0104008d92c252da7%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637589360450652471%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=1l3R%2BFOHxqZ0l1dFISfenAPShqeszBhtY4K4kIaZUlc%3D&reserved=0)​

​[ACEs resource library](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ftrello.com%2Fb%2F1lIACXrr%2Fadverse-childhood-experiences-resource-library&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cddc39890916840b0104008d92c252da7%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637589360450662723%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=cFdyxSWGrs4OvJyeIh2D6HlvzFruh6kuel11DOtxW08%3D&reserved=0)​

**Better sleep**​

[Mental Health](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mentalhealth.org.uk%2Fpublications%2Fhow-sleep-better&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cddc39890916840b0104008d92c252da7%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637589360450672460%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=a%2BjsWFCJ2cx58HdB9jdbiOAYnbYsKuhbSZA19GAnPFY%3D&reserved=0)​

[NHS - Sleep tips](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Flive-well%2Fsleep-and-tiredness%2Fhealthy-sleep-tips-for-children%2F%3Ftabname%3Dsleep-tips&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cddc39890916840b0104008d92c252da7%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637589360450672460%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=lXwLIXlUuHLustllSmT5KDNaqz7cfMBVcQXj6O02RaQ%3D&reserved=0)​

[Cerebra](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcerebra.org.uk%2Fget-advice-support%2Fsleep-advice-service%2F&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cddc39890916840b0104008d92c252da7%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637589360450682455%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=ryZ8T88iSVeRPjApg4sQ9XHRmD2cvs5faC%2FnCQECZuU%3D&reserved=0)​

[**Emotion Coaching**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Femotioncoaching.groupsite.com%2F&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cddc39890916840b0104008d92c252da7%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637589360450692447%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=JBQiayJ8e7Gq2iOrTOi%2F3nyOb5sW6JlqsBDBU1PnXYo%3D&reserved=0)​

[Emotion Coaching](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Femotioncoaching.groupsite.com%2F&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cddc39890916840b0104008d92c252da7%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637589360450692447%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=JBQiayJ8e7Gq2iOrTOi%2F3nyOb5sW6JlqsBDBU1PnXYo%3D&reserved=0)​

[ehcap](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ehcap.co.uk%2Femotion-coaching&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cddc39890916840b0104008d92c252da7%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637589360450702441%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=P1Fv6M%2Bvb5b8CEGCe1Iw%2FHgRqW80XqHcFWP9AnzDr0E%3D&reserved=0)​

**Other helpful websites**​

[Somerset Parent Carer Forum](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsomersetparentcarerforum.org.uk%2F&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cddc39890916840b0104008d92c252da7%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637589360450712422%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=NgWixxTPBTdS8MfnloOQ8CxKu8ODYMf%2BXiKTzd26rqI%3D&reserved=0)​

[Contact](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcontact.org.uk%2F&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cddc39890916840b0104008d92c252da7%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637589360450722701%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=PgjlQmDnFdswsC7rkMKG7Nd%2BRkzPcjTKYCywqJcP2bk%3D&reserved=0)​

[Challenging Behaviour Foundation](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.challengingbehaviour.org.uk%2F&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cddc39890916840b0104008d92c252da7%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637589360450732425%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=6Z%2FW3xq6XSGK%2F00AuwgtEPFnvGgGkZIs64U%2B66k4IMQ%3D&reserved=0)

**Evaluation form**

ACEs webinar – Post-Evaluation – Parents/Carers: [ACEs Post-Evaluation - Recorded webinar for Parents/Carers (office.com)](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.office.com%2FPages%2FResponsePage.aspx%3Fid%3DBvYktXr3okqNov5wNDsMzrydiYjRUE9EomIOe8Pybb1UQjkyUE1GVlFMREpNOUpEMkVSNFVPVEZGSy4u&data=04%7C01%7CKOsborne%40somerset.gov.uk%7Cccd7ffe7d4de4f96d85108d925df84b3%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637582464196339967%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=gkMv55lVfkyTF47b%2BFqbHYdHeN2jmTq5uWekR79z4L4%3D&reserved=0)