The Consequences of ACEs

The more Adverse Childhood Experiences a person experiences as a child, the more likely he or she will suffer from poor health outcomes as an adult.

Toxic Stress As Trauma

Persistent fear and anxiety can affect young children's learning and development and change brain architecture.

Scientists now know that chronic, unrelenting stress in early childhood—caused, for example, by abrupt separation from caregivers, extreme poverty, or parental depression—can be toxic to the developing brain in the same way that repeated abuse and witnessing violence changes brain architecture.
Mentoring, at its core, guarantees young people that there is someone who cares about them, assures them they are not alone in dealing with day-to-day challenges, and makes them feel like they matter. Research confirms that quality mentoring relationships have powerful positive effects on young people in a variety of personal, academic, and professional situations. Ultimately, mentoring connects a young person to personal growth and development, and social and economic opportunity...

Tips for effective mentoring:
1. Remember that mentoring is a process that takes time
2. Put your mentee's needs first
3. Don't lecture, and be encouraging
4. Communicate honestly
5. Appreciate your mentee's best traits
6. Keep in mind that actions speak louder than words

Source: New Circle Mentoring Mentor's Handbook

Just Be There
The presence of parents or parental surrogates in a child’s life helps bring dopamine and cortisol to healthy levels, reducing the “toxic stress” that can harm development. (Dozier, 2005)