



How can I use *Dream Big Act Big for Kids*?

1. Have a read

- Get familiar with Adverse Childhood Experiences (ACEs) and toxic stress.
- Read *Dream Big, Act Big for Kids* issue about ACEs and toxic stress and watch the accompanying *TED Talks*.

2. Share and inspire

- Talk with your colleagues and team about ACEs and toxic stress.
- Share *Dream Big, Act Big for Kids* and other support resources with your colleagues.
- Who else in your team and service has an interest in enhancing care around ACEs and toxic stress?

3. Reflect

- Use the questions at the end of *Dream Big, Act Big for Kids* to reflect on your current practice as a group or team.
- What are you already doing well?
 - What might you do better or differently?
 - Are there existing opportunities in your service to enhance practice around ACEs and toxic stress?

For more information or support with using *Dream Big, Act Big for Kids* contact the Centre for Children's Health and Wellbeing by email cchw@health.qld.gov.au

6. Celebrate

- Recognise and celebrate
- the things you and your team are already doing that help support families with ACEs and toxic stress.
 - the small steps your team and service make to further enhance care around ACEs and toxic stress.

We would love to hear your stories of change and help celebrate your successes too! Please contact us by email cchw@health.qld.gov.au

5. Share and innovate together

- Are there practitioners or groups beyond your team, service, or organisation that are also interested in enhancing practice around ACEs and toxic stress?
- Consider creating or joining an existing community of practice to share experiences, foster a common sense of purpose, and encourage innovation in ideas, knowledge and practice.

4. Imagine

- Create an interest group in your team or service to develop and try new ideas!
- Use the *Plan on a page: ACEs and toxic stress* template to help develop your ideas and a planning process.
- What type of support and resources does your team need to implement your ideas?



Support for health professionals

Adverse childhood experiences and toxic stress are often not just part of our patient's experiences, but may have been part of our own childhood too. If this information has distressed or raised concerns for you, we encourage you to speak to your GP, or alternatively you can contact the following support services: Employee Assistance Program 24hr support 1800 604 640; Lifeline 24hr Crisis Support 13 11 14 and Beyond Blue information and support 1300 224 636.