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### Poverty and ACES reflection

Poverty is one of the biggest stressors that can play a role in adverse childhood experience (ACES) because children is more likely to have a higher risk behavior. Poverty effect children by having effect on the development of the child brain because children experience more traumas compare to those that is not living in poverty. there are children that is homeless due to poverty, and they experience more trauma by not having enough food, they always worried about their safety because the place that they are staying might not be safe and that is a big stressor. Some children might experience childhood trauma by seeing or is a victim or physical or sexual abuse because they could be living in a bad neighborhood due to poverty and it play a huge role in the brain development of the child. Some children would end up using substances such as drug and alcohol at such a young age because of the situation and the environment that is around them and it will affect the brain and the body development. Children that have more ACES have an increased risk of developing serious disease such as COPD, heart disease and even suicidal thought compare to children whose have not experience ACES. Some life necessity such as shelter, running clean water, health care, is hard to achieve for a lot of families and children and it could lead to disease to go unnoticed. It is hard for children and families to have access to quality heath care is because they do not have enough resources to do so and sometime, people will treat them with less respect because of their situation. After watching those videos, it impacts my nursing practice because I learn so much about poverty and how it affects children because I have not put my thought on these subjects before. I could help the children and families by giving them the best quality care and also provide the children and families with safe environment and finding resource that could help them. Some families cannot afford medication and I could help them to look for

resource that could help them to pay for the medication. I could help them to look for places to stay such as shelter. Helping the children to get the appropriate screening test that would help with preventing the disease and increase the life expectancy of the children.