

From watching these videos, it seems as though there is a massive correlation between early childhood trauma and health issues later in life. The first video brought out points of an area in Florida that had gone through some rough economic crisis, that ultimately ravaged the lives of a lot of construction worker's families. Watching the video through the children's eyes was hard to watch for me, as am a father of three myself. I feel as if providing a safe home environment for your family is genetically ingrained into our persona as a father, and when that is not achieved, it can affect the mental health of the whole family. Starting with the father, it is a trickle-down effect. As stated from the Dr. in the TED talk video, one of the criteria for getting an ACE score was "living with a parent with a mental illness". It can ultimately affect the child's health in the future. The second video highlighted for me the importance of "the architecture of the brain" and how these developmental changes can affect a whole society. Things that can affect the structural growth and the development of a healthy brain in a child can range from 1) family violence 2) chronic neglect 3) unsafe childcare. But on the flip side of this -if children are brought up in a positive-polar opposite situation, they are less likely to get 1) heart disease 2) obesity 3) diabetes. Children who benefit from this positive type of environment are more likely to have reduced crime in their future home, increase income, and increased tax revenues in their societies. Policies affect both individuals and communities, so making choices that support early brain development can improve health, behavior, and learning throughout life. The last video was one of the best TED talks that I have ever heard. This video changed my perspective on being a father and future nurse. This Dr. highlighted that ACE's are attributed to 7 out of the 10 leading causes of death in the United States. Another statistic that shocked me was that 67 % of the population had at least 1 ACE. With that information, it should change the way that we approach each and every patient that we encounter in the hospital. I'm hoping that this movement causes a wave of change throughout our society and how we approach early childhood trauma in the healthcare system. We could all benefit from changing this narrative.