

FACT SHEET: HOW A CHILD'S DEVELOPMENT CAN BE IMPACTED BY THEIR PARENT'S TRAUMA

<p>EARLY DEVELOPMENT</p> <p>Caregiver with traumatic experience (e.g mother has her own unresolved childhood trauma or experiences family violence in an intimate relationship)</p>	
<p>Mother releases stress hormones including cortisol - ></p> <p>Baby absorbs cortisol through placenta impacting baby's nervous system, limbic system and the hypothalamic, pituitary, adrenal axis (HPA)</p>	<p>Caregiver struggles to regulate - > Attachment relationship between caregiver and child may be strained. Can impact child's:</p> <ul style="list-style-type: none"> • Attachment patterns • Ability to integrate experiences • Emotional regulation • Epigenetic expressions • May lead to child tuning out and dissociating
<p>ADULTHOOD</p> <p>A person who has had a caregiver with untreated trauma (e.g family violence in childhood, neglectful caregiver, mental health issues) may:</p>	
<ul style="list-style-type: none"> • Be more prone to PTSD/cPTSD after trauma • Struggle to repair after conflict • Struggle with relationships 	<ul style="list-style-type: none"> • Unintentionally bring out negative behaviours in others • Be emotionally detached or lack empathy • Be more prone to use defensive processes such as repression, splitting, denial, dissociation, or projection
<p>BREAKING THE CYCLE</p> <p>When trauma is untreated the above cycle can impact future generations. It is important to remember that healing from interpersonal trauma, occurs in healing relationships. Healing trauma can help not only trauma survivors but future generations.</p>	