How a Caregiver’s Trauma Can Impact a Child’s Development

**EARLY DEVELOPMENT**

**Caregiver With Traumatic Experience**
- Mother releases cortisol
- Baby absorbs cortisol through placenta
- Can impact baby’s:
  - HPA axis
  - Central nervous system
  - Limbic system
  - Autonomic nervous system

**Caregiver struggles to regulate**
- Attachment relationship between caregiver and child may be strained
- Can impact child’s:
  - Development of a core sense of self
  - Ability to integrate experiences
  - Epigenetic expressions

**ADULTHOOD**

**A Person Who Has Had a Caregiver With *Untreated* Trauma May:**
- Be more prone to PTSD after trauma
- Struggle to repair after conflict
- Struggle with relationships
- Unintentionally bring out negative behaviors in others
- Be emotionally detached
- Be more prone to dissociate

**BREAKING THE CYCLE OF TRAUMA**

This can become a cycle, impacting future generations.

The good news is that healing trauma can break this loop. Seek help from a licensed health or mental health practitioner.

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