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
  - Unintentionally bring out negative behaviors in others
  - Struggle to repair after conflict
  - Be emotionally detached
  - Struggle with relationships
  - 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.