

How can childhood trauma occur?

Childhood trauma can occur through hard experiences between the ages of 0 and 18. This can include:

- Abuse
- Neglect
- Growing up in a stressful household

A stressful household can have:

- Divorce
- Substance Abuse
- Domestic Violence
- A family member with a mental illness
- A family member in jail

Hard childhoods can mean hard adulthoods

When a kid goes through too much stress, it changes the way their brains and bodies work. This means they will be at risk for many health issues later on in life such as:

- Diabetes
- Mental Illness
- Heart Disease
- Cancer
- Stroke



Key Points

- * Build positive experiences with your baby
- * Reach out to others for help
- * Ask your baby's doctor about what's best for your baby
- * Help your kid build resilience from trauma at every stage of their childhood by looking at the links below



More Resources

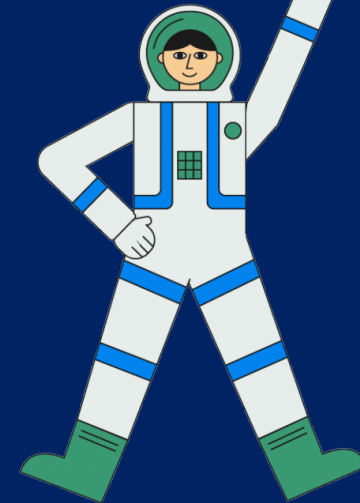
The full guide to help raise your kid: [HealthyChildren.org](https://www.healthychildren.org)

Childhood Trauma: www.cdc.gov/violenceprevention/aces/index.html

Resilience guide for parents and teachers: www.apa.org/topics/resilience/guide-parents-teachers

Parents vs Childhood Trauma

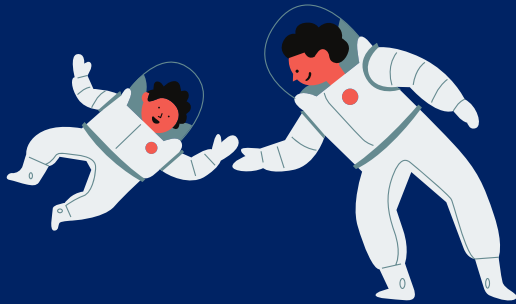
Hey Dad!
It's me!



help your baby grow into a happy, healthy adult

Positive experiences help your kid grow into a happy, healthy adult

When life gets tough, you bounce back up and keep going. This is called resilience. Resilient children bounce back from stress faster and easier. They tend to be happier and healthier than kids who did not build resilience in childhood. Parents can help children build resilience through positive experiences that include lots of care and support.



Kids need support throughout their life

Toddler, child, teen, At every step of their childhood, kids need care and support. But it begins as a baby. And it begins with you.

How do I build positive experiences for my baby?

1

Comfort your Baby



Babies cry. When they do, check if they are hungry or if their diaper is wet. Then, try to swaddle them. Walk them or maybe sing a song.

2

Talk to Your Baby



Learning about language starts with you. How you talk to your baby also teaches them about language and expression.

3

Cuddle and Hold Your Baby



Lots of safe contact helps your baby feel secure. It also helps them learn how to control their emotions.

4

Trust Yourself

Being a parent is hard work, but you got this. You are helping your baby build resilience and have healthy relationships for years to come. Good job!

Parents need help, too

Taking care of yourself helps you better take care of your baby. Plus, other people like to feel needed. Below, make a list of three people you can reach out to for help. This can be a partner, friend, family, or community member.

1. _____
2. _____
3. _____

You can also reach out to the National Parent Helpline below. The help give any and all parents support and advice.

National Parent Helpline:
1-855- 4A PARENT
(1-855-427-2736)



Reach out to your baby's doctor



All babies are different. Your baby's doctor can help you figure out what is best for your child. They have helped many babies and parents before. Give them a call.