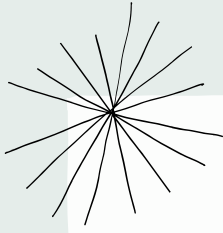


AN INTRO TO TRAUMA

WHAT KINDS OF TRAUMA CAN OUR KIDS EXPERIENCE?



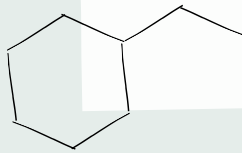
KEY POINTS:

- Trauma is not just something you get over from your past
- Trauma can have long-term impacts on our minds, brains, AND bodies
- Trauma affects how you think, what you focus on, and even your ability to think, focus, and learn new things

THERE ARE **FOUR** MAIN KINDS OF TRAUMA:

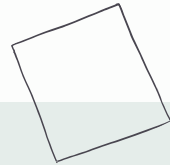
ACUTE

A single traumatic event, like being in a car accident, seeing a loved one die, or a difficult birth.



CHRONIC

Experiencing multiple traumatic events over a period of time, such as recurring bullying, physical or emotional abuse, or a stressful pregnancy.



NEGLECT

Failure to provide for a child's basic physical and emotional needs. Because infants and children fully rely on their caregivers to meet these needs, when this does not occur it leads to chronic stress and trauma.

COMPLEX

These are multiple traumatic experiences that happen back to back and are then exacerbated because the child does not have a secure relationship that can provide the nurture and emotional support necessary to reduce the impact of trauma.

REMEMBER, NO MATTER WHAT A CHILD HAS GONE THROUGH, HEALING FROM TRAUMA ONLY BEGINS WITHIN THE CONTEXT OF A SAFE AND NURTURING RELATIONSHIP!

FOR MORE RESOURCES LIKE THIS, VISIT:

[EPICHealing.org](https://www.EPICHealing.org)

