

# Parenting with Post Traumatic Stress Disorder and Adverse Childhood Experiences

## Handouts, Books and Posters:

- 50 Ways to Take a Break - [www.fullcupthirstyspirit.com/posters.php](http://www.fullcupthirstyspirit.com/posters.php)
- 50 Coping Skills for Kids - Whole Hearted School Counseling - [www.teacherspayteachers.com](http://www.teacherspayteachers.com)
- Little Children Big Challenges - [www.sesamestreet.org](http://www.sesamestreet.org)

## Films:

- **Resilience:** The Biology of Stress and the Science of Hope **RESILIENCE** is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat and prevent Toxic Stress. Now understood to be one of the leading causes of everything from heart disease and cancer to substance abuse and depression, extremely stressful experiences in childhood can alter brain development and have lifelong effects on health and behavior. [www.kpjrfilms.co/resilience/](http://www.kpjrfilms.co/resilience/)
- **Ghosts and Angels in the Nursery** In this 5 ½ minute video, Alicia Lieberman talks about the importance of uncovering angels as well as exorcising ghosts in the lives of traumatized parents and how this can be an instrument of therapeutic change to disrupt an intergenerational cycle. [www.youtube.com/watch?v=sd5kmUwU6J8&feature=youtu.be](http://www.youtube.com/watch?v=sd5kmUwU6J8&feature=youtu.be)
- **Personal and Parental Reflections on Adverse Childhood Experiences** 8-minute film, in which three people share their perspective of learning about ACEs, reflect on their own childhood and parenting, and provide hopeful insight for reducing childhood trauma and building resilience in children. [www.youtube.com/watch?v=jUJHvbPrLOI](http://www.youtube.com/watch?v=jUJHvbPrLOI)

## Websites:

[www.acesconnection.com](http://www.acesconnection.com)

[www.acesconnection.com/g/Parenting-with-ACEs](http://www.acesconnection.com/g/Parenting-with-ACEs)

- ACEs Connection: Supporting Communities to Accelerate ACEs Science - ACEs Connection is a social network that supports communities to accelerate the global ACEs science movement, recognizes the impact of adverse childhood experiences (ACEs) in shaping adult behavior and health, and promotes trauma-informed and resilience-building practices and policies in all communities and institutions – from schools to prisons to hospitals and churches – to help heal and develop resilience instead of traumatizing already traumatized people. ACEs Connection receives generous support from the Robert Wood Johnson Foundation, The California Endowment, the Lisa & John Pritzker Family Fund, the George Sarlo Foundation, and Genentech. The network creates a safe place and a trusted source where members share information, explore resources and access tools that help them work together to create resilient families, systems and communities. A companion site, [ACEsTooHigh.com](http://ACEsTooHigh.com), provides news for the general public.

[www.parentingwithptsd.wordpress.com](http://www.parentingwithptsd.wordpress.com)

- Parenting with PTSD is a collection of writing by 26 parents who are survivors of childhood abuse. Editors Joyelle Brandt (of Port Moody, BC) and Dawn Daum (of Northville, NY) are survivors working to break the cycle for their own families. Included in the anthology are essays written by fathers, a queer woman expecting her first child, mothers from inside and outside of North America, women of different ethnicities, single and married parents. What they have in common is a determination to give their children the safe and happy childhood they wish they'd had. Many survivors of childhood abuse are living with un-diagnosed PTSD that becomes un-manageable when they have kids of their own. And the worst part of that is the feeling that you are broken and alone. This book starts a conversation about what it takes for families to heal from generations of abuse.

[www.nctsn.org](http://www.nctsn.org)

- The National Child Traumatic Stress Network (NCTSN): Created to raise the standard of care and increase access to services for children and families who experience or witness traumatic events. The 12 Core Concepts for Understanding Traumatic Stress Responses in Children and Families provides foundational knowledge to better understand how stress impacts children and families.

[www.thecommunitycafe.org](http://www.thecommunitycafe.org)

- The Community Café approach sparks leadership to develop relationships necessary to strengthen families. This involves creating stronger partnerships with parents and communities. Meaningful conversations are the mechanism we use to develop these relationships. This approach is being practiced in neighborhoods, early learning and child care settings, tribal centers, schools, faith-based organizations, and social service systems. In the neighborhood, Community Cafés are typically parent hosted gatherings where participants contribute to guided conversations relevant to their own community

[www.ctfalliance.org](http://www.ctfalliance.org).

- The National Alliance of Children’s Trust and Prevention Funds (Alliance) is a membership organization that provides training, technical assistance and peer consulting opportunities to state Children’s Trust and Prevention Funds and strengthens their efforts to prevent child abuse. The Alliance supports and strengthens state Children’s Trust and Prevention Funds in their vital roles, promotes awareness of the importance of strengthening families to prevent child abuse and neglect, advocates for increased public and private funding for community-based child abuse and neglect prevention activities and collaborates with other national child abuse prevention organizations to help ensure the safety and well-being of children throughout the country

[www.nyspep.org/application/files/3715/0006/1548/CafeGuide.pdf](http://www.nyspep.org/application/files/3715/0006/1548/CafeGuide.pdf)

- The Community Café Guide for Hosts: Changing the Lives of Children through Conversations that Matter is intended to accompany a full-day orientation to the Community Café approach and includes a description of a typical planning process along with a tool for each step of the way. This guide is a shorter alternative to the full Host Orientation Guide. This 84-page document, is available in English or Spanish and contains visuals for conversation, design tools, evaluation tools, sample invitations, handouts, poetry and a sample proposal for grant writing.

### Articles:

- Left untreated, stress can affect kids’ health for a lifetime. Here’s how to help them cope
  - [https://www.washingtonpost.com/news/parenting/wp/2018/06/05/left-untreated-stress-can-affect-kids-health-for-a-lifetime-heres-how-to-help-them-cope/?utm\\_term=.0b8f856f345d](https://www.washingtonpost.com/news/parenting/wp/2018/06/05/left-untreated-stress-can-affect-kids-health-for-a-lifetime-heres-how-to-help-them-cope/?utm_term=.0b8f856f345d)
- Intergenerational Associations of Parent Adverse Childhood Experiences and Child Health Outcomes
  - <http://pediatrics.aappublications.org/content/early/2018/05/17/peds.2017-4274>
- You Can't Be Trauma-Informed If You Can't See the Trauma
  - <https://www.acesconnection.com/blog/you-can-t-be-trauma-informed-if-you-can-t-see-the-trauma>
- In Brief: The Science of Resilience
  - <https://developingchild.harvard.edu/resources/inbrief-the-science-of-resilience/>
- Using Secondary Traumatic Stress Core Competencies in Trauma Informed Supervision
  - <https://www.nctsn.org/resources/using-secondary-traumatic-stress-core-competencies-trauma-informed-supervision>
- Have you ever seen someone get killed?
  - <https://www.nytimes.com/2018/05/25/upshot/have-you-ever-seen-someone-get-killed.html>