

## Outline

### Helping Our Kids Overcome a Traumatic Background

- What are some of the different types of events/situations that can be traumatic to a child?
- Do different types of trauma affect children differently? Short term but intense trauma. Long term trauma at the hands of a primary caregiver. Neglect? Witnessing domestic violence? Prenatal trauma?
- Why does early life trauma make it harder for kids to succeed at life?
- What are some signs of trauma by age of child? Preschool? Elementary? Middle and High School? (learning, physical health, mental health, trouble with the law, etc.)
- How to help our kids overcome their traumatic background and thrive?
- How to rewire the neurons?
- Triggers
- Emotional regulation.
- What can parents do to help their kids bounce back from their early life trauma?
- What is the key element to resilience?
- How can parents encourage resilience?
- What role does temperament or personality play in resilience to trauma?
- How long does it take for kids to “heal” from trauma?
- Are there specific types of therapy that are more effective than others for helping children overcome trauma? Does it differ depending on the type of trauma?

Resources: [Roadmap to Resilience](#) Podcast series.