

Possible Impact of Trauma on Parenting

- Preoccupation, withdrawal, lack of presence, and lack of focused attention while attempting to parent
- Difficulty in feeling close or connected to child, withdrawal
- Low tolerance for child's age appropriate "acting out"
- Pervasive fear of hurting child, feeling unable to keep child safe
- Inadvertent communication of negative emotions regarding physical contact, bodily functions of child (e.g., changing diapers)
- Difficulty setting appropriate boundaries and limits
- Easily overwhelmed with everyday demands on parenting
- Restriction of child's range of activities and experiences due to the parent's avoidance of perceived threats
- Parent's intense mood states, levels of fear, and emotional instability may frighten the child
- Chronic fatigue due to sleep problems may undermine coping skills
- Difficulty assuming authority, making decisions, advocating for self and or child
- Difficulty distinguishing between discipline and punishment
- Difficulty establishing a safe environment for child