Impact of Childhood Trauma

Cognition Impaired readiness to learn Difficulty problem-solving Language delays Problems with concentration Poor academic achievement Physical health Brain development Sleep disorders Smaller brain size 0 Eating disorders Less efficient processing Poor immune system Impaired stress response functioning Changes in gene Cardiovascular disease expression Shorter life span 0 **Emotions** Difficulty controlling Impact of emotions Trouble recognizing Childhood emotions Behavior Limited coping skills Poor self-regulation **Trauma** Increased sensitivity Social withdrawal to stress Aggression Shame and guilt Poor impulse control Excessive worry, Risk-taking/illegal activity hopelessness Sexual acting out Feelings of Adolescent pregnancy helplessness/lack of Drug and alcohol misuse self-efficacy Relationships Attachment problems/ disorders Mental health Poor understanding of social Depression interactions Anxiety Difficulty forming Negative self-image/low relationships with peers self-esteem Problems in romantic Posttraumatic Stress relationships Disorder (PTSD) Intergenerational cycles of Suicidality abuse and neglect



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