



Transforming Prince George's County through Trauma-Informed Care

Resource Guide for Parents

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This document was created by Paths for Families staff with the intention of providing easy to access resources to supplement learning and development following the trauma-informed care training series.

I. Trauma-Informed Care, for Resource Parents

Types of Trauma

- [The Three E's of Trauma](#)
- [Types of Trauma](#)
- [Effects of Complex Trauma](#)
- [What is Complex Trauma? A Resource Guide for Youth and Those Who Care About Them](#)

Adverse Childhood Experiences

- [The ACEs Questionnaire](#)

Trauma's Impact on the Brain, Body and Behavior

- [Understanding ACEs](#)

Building Physical and Emotional Safety

- [Trauma-Informed Parenting: Your Complete Guide](#)

II. The Impact of Trauma on Attachment and the Developing Brain

Trauma's Impact on the Attachment, a Child's Developing Brain and Behavior

- [Childhood Trauma, the Brain and the Social World](#)
- [Childhood Trauma and the Brain](#)

Effectively Parenting a Child with Challenging Behaviors in the Context of Trauma and Attachment

- [Parenting to Prevent and Heal ACEs](#)

Creating a Healing Household

- [Trauma-Informed Parenting: Your Complete Guide](#)

III. How to Take Care of You While Parenting a Child with Trauma

The Impact of Stress

- [The Science of Trauma and Toxic Stress](#)

Parents in Blocked Care

- [Blocked Care](#)
- [Blocked Care: When Stress Gets to be Too Much](#)

Consequences of Negative Thinking

- [Twenty Questions to Help You Challenge Negative Thoughts](#)
- [Automatic Negative Thoughts and Unhelpful Thinking](#)
- [Managing Negative or Unhelpful Thoughts](#)

Managing Stress through Self-Care and Boundaries

- [ACEs Aware Self-Care Tool for Adults](#)
- [A Metaphor for Resilience](#)
- [Stress Busters](#)

Self-Reflective Parenting

- [Questions for Parental Self-Reflection](#)
- [A Parent's Self-Care and Self-Reflection](#)