



Supporting Families Through Pregnancy and Beyond

TRAUMA-INFORMED CARE TOOLKIT



Resources to help professionals provide
safe, respectful, and responsive care
throughout the perinatal period.

About the Toolkit

This toolkit brings together trusted resources to support trauma-informed care practices in maternal and infant health. It is designed to help professionals create safe, supportive environments for families by recognizing how past experiences can affect health and behavior. The materials focus on evidence-based research and practical strategies for providing respectful, responsive care.

Lactation- & Perinatal-Specific Resources

This section includes materials focused on how trauma can affect pregnancy, birth, infant feeding, and early parenting. It offers research, tools, and trainings to help professionals support families who have experienced trauma, including birth-related trauma and stress during the perinatal period.

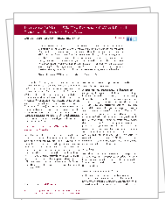


Childbirth-Related Posttraumatic Stress Disorder: Symptoms and Impact on Breastfeeding

Research

Developed By: Kathleen Kendall-Tackett, Texas Tech University Health Sciences Center

Describes the prevalence of PTSD after childbirth and summarizes the symptoms so that International Board Certified Lactation Consultants (IBCLCs) can help recognize it and refer mothers to appropriate resources. View [Childbirth-Related Posttraumatic Stress Disorder: Symptoms and Impact on Breastfeeding](#).



Intervention for Mothers Who Have Experienced Childbirth-Related Trauma and Posttraumatic Stress Disorder

Research

Developed By: Kathleen Kendall-Tackett, Texas Tech University Health Sciences Center

Describes breastfeeding issues that might arise in the wake of a traumatic birth and summarizes evidence-based treatment options for PTSD so that IBCLCs can share this information with mothers. View [Intervention for Mothers Who Have Experienced Childbirth-Related Trauma and Posttraumatic Stress Disorder](#).



Trauma-Informed Care Lecture Series

Training / Recording

Developed By: GOLD Learning

Provides in-depth education on trauma-informed care in maternal and infant health. It features expert speakers discussing approaches to care that address the impacts of trauma, offering valuable insights for healthcare professionals. Continuing education is available. Access the [Trauma-Informed Care Lecture Series](#).

Lectures include:

- “Healing Birth Stories for Professionals” by Maureen Campion
- “Psychological Birth Trauma: Causes, Assessment & Treatment” by Shannon Kane
- “Trauma-Informed Care in the Perinatal Period” by Mickey Sperlich
- “Unpacking the Concept of ‘Holding Space:’ Beyond Rhetoric Toward Action in Supporting Survivors of Trauma in the Childbearing Years” by Jodi Hall
- “Breastfeeding and Survivors of Adverse Childhood Events” by Kathleen Kendall-Tackett



Lactation and Adversity: Addressing Challenges with Confidence Lecture Series

Training / Recording

Developed By: GOLD Learning

Focuses on addressing lactation challenges in the context of adversity and trauma. Expert speakers offer strategies and insights to empower healthcare professionals in supporting breastfeeding women facing difficult circumstances. Continuing education is available. Access the [Lactation and Adversity: Addressing Challenges with Confidence Lecture Series](#).

Lectures include:

- “‘Help! Breastfeeding Makes Me Feel Bad, Sad or Mad:’ Helping Breastfeeding Mothers Struggling With Negative Emotions” by Zainab Yate
- “Palliative Care: Why and How to Provide Lactation Support During Serious Illness or Before an Anticipated Death” by Elizabeth Kirts Smith
- “Survivor Mothers’ Speak: Child Sexual Abuse Impacts Breastfeeding Experiences” by Emily C. Taylor
- “10 Steps to a Breastfeeding-Friendly Shelter: Building a Policy” by Nikki Lee



A Prospective Longitudinal Study of the Prevalence of Post-Traumatic Stress Disorder Resulting from Childbirth Events

Training / Recording

Developed By: K.L. Alcorn, A. O'Donovan, J.C. Patrick, D. Creedy, GJ. Devilly

Explores how common PTSD is after childbirth by following women from pregnancy through six months postpartum. View [A Prospective Longitudinal Study of the Prevalence of Post-Traumatic Stress Disorder Resulting from Childbirth Events](#).



Posttraumatic Stress Disorder in New Mothers: Results from a Two-Stage U.S. National Survey

Research

Developed By: Cheryl Tatano Beck, Robert K. Gable, Carol Sakala, Eugene R. Declercq

Highlights the prevalence of PTSD in new mothers and identifies factors associated with higher stress symptoms, including low partner support, physical problems, and unplanned pregnancies, offering insight into the mental health challenges some mothers face postpartum. View the [Posttraumatic Stress Disorder in New Mothers: Results from a Two-Stage U.S. National Survey](#).

General Trauma-Informed Care Resources

This section includes materials focused on the core principles of trauma-informed care. Topics include Adverse Childhood Experiences (ACEs), the health impacts of trauma, and strategies for trauma-informed practice. Resources offer tools, examples, and practical steps for implementing trauma-informed approaches in a range of care settings.

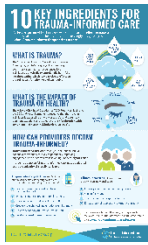


What is Trauma-Informed Care?

Fact Sheet

Developed By: Center for Health Care Strategies

Provides an overview of trauma-informed care, including its key principles and importance in healthcare settings. Explains how understanding patients' life experiences can lead to better engagement and improved health outcomes. View the [What is Trauma-Informed Care? Fact Sheet](#).



10 Ingredients for Trauma-Informed Care

Infographic

Developed By: Center for Health Care Strategies

Outlines key components of trauma-informed care for healthcare providers. It highlights the impact of trauma on health and provides steps for implementing trauma-informed practices. View the [10 Ingredients for Trauma-Informed Care](#).



Principles of Trauma-Informed Care

Website

Developed By: University of California ACEs Aware Family Resilience Network

Outlines key principles of trauma-informed care, focusing on how to recognize and respond to the effects of Adverse Childhood Experiences (ACEs). It provides practical guidance for healthcare providers to implement trauma-informed practices in various settings. View the [Principles of Trauma-Informed Care](#).



Implementing Trauma-Informed Practices throughout the San Francisco Department of Public Health

Case Study

Developed By: Center for Health Care Strategies

Showcases how the San Francisco Department of Public Health integrated trauma-informed practices across its health system. Highlights the strategies used, lessons learned, and the impact of implementing trauma-informed care on patient outcomes and staff well-being. View the [Implementing Trauma-Informed Practices throughout the San Francisco Department of Public Health](#) profile.



Adverse Childhood Experiences (ACEs)

Website

Developed By: Centers for Disease Control and Prevention (CDC)

Includes comprehensive information on ACEs, including their prevalence, impact on long-term health, and the importance of trauma-informed care. It offers insights and data to help healthcare providers understand and address the effects of ACEs. Learn about [Adverse Childhood Experiences \(ACEs\)](#).



Sexual Violence Prevention

Website

Developed By: Centers for Disease Control and Prevention (CDC)

Provides detailed information on sexual violence, including its prevalence, impact, and prevention strategies. It offers educational materials and data to help healthcare providers and the public understand the effects of sexual violence and the importance of trauma-informed responses. Learn about [Sexual Violence Prevention](#).



Implementing Trauma-Informed Care in Pediatric and Adult Primary Care Settings

Training / Recording

Developed By: Center for Health Care Strategies

Presents strategies for incorporating trauma-informed care in primary care. This 90-minute webinar features Dr. Nadine Burke-Harris discussing ACEs screening in pediatric care, and Dr. Edward Machtinger sharing approaches for treating complex adult patients. Learn about [Implementing Trauma-Informed Care in Pediatric and Adult Primary Care Settings](#).

