

Why Buffer the Kids/Adult Kids of Divorce from Toxic Levels of Stress? Your Ability to Communicate & Co-Parent Skillfully Matters!

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- **Video** – Young child exposed to only 1 min to conflict/anger of one adult at another adult, *not the primary caregiver and not the child. Immediate activation of amygdala – NO neural connections.* What do you notice? <https://www.youtube.com/watch?v=7FC4qRD1vn8>
- **Video** - <https://www.youtube.com/watch?v=f1Jw0-LExyc> Unresponsive parent (e.g. depressed/disengaged) produces attachment panic, with protests, attempts to pursue engagement & observable distress.
 - This happens between adults in adult relationships as well, per the research.
 - Ease of parent-child repair/re-engagement speaks to the solidity of the initial attachment (*not including any assessed resist-refuse dynamics* when kids refuse contact with a parent during/beyond a divorce).
- 10 “ACEs” = **10 Adverse Childhood Experiences** that produce Toxic Levels of Stress
 - Research identified **Divorce as 1 of the 10 ACEs that adversely impact mental and physical health in significant, predictable ways.**
 - Specifically, the CDC-Kaiser Studied of over 17,000 participants across cultures, genders, ages, SES, etc. and followed these participants over many years.
 - In California, the Physician General offers free training to physicians, licensed mental health practitioners and other professionals to ensure they assess for ACEs when assessing a client’s mental and physical health, as well as the sources of symptoms.
- **Impact of ACEs on Children’s/Adult Children’s Mental & Physical health:**
Toxic Stress → Physical/Mental Health Probs
(see **AcesAware.org** for more detailed, extensive list of significant adverse outcomes)
ACEs are associated directly in a “dose-response” way with 9 of 10 leading causes of death, including earlier mortality in adults.
 - “Dose-Response” means the more ACEs (of 10), the more likely you/your kids will experience one of the leading causes death, as well as an earlier death.
- **ACEs are associated with significantly greater instances of:**
 - Failure to Thrive, Growth Delays, Sleep Disturbances, Developmental Delays
 - Increased risk of viral infections, pneumonia, asthma & other atopic diseases (“atopic diseases” include those involving an *exaggerated immune response to harmless substances in the environment.*)
 - Learning/behavioral challenges (e.g. Learning Disabilities, ADD/ADHD)
 - Somatic complaints e.g. stomach aches & head aches
 - Increased engagement in high-risk behaviors
 - Teen Pregnancies & Paternity
 - Mental Health Disorders, e.g. PTSD, Depression, Anxiety & Substance Abuse
 - Chronic Pain, Diabetes, Stroke, Cardiovascular Disease, Chronic Obstructive Pulmonary Disease, Cancer
 - 6 or more ACEs predict a 19-year shorter life expectancy than 0 ACEs.

I watched/read and understand the above videos and material, and asked any related questions I may have.

Name:

Signature:

Date

Name:

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Date