

# Biological Embedding of Trauma in Kids: 5 WAYS TRAUMA AND HEALTH ARE INTERGENERATIONAL

When we think of childhood trauma and the behavioral changes that come with it, many people may assume that a child suffered a specific traumatic event that is ingrained within their memory.

Dr. Archana Basu provides examples of ways trauma can stem from the mental health of the child's parents, rather than from first-hand experiences.



1

Genetic endowments of the parents to their child

2

Severe stress to the mother during fetal development

3

Chronic stressors to the parent and child

4

Lack of stability in the home environment

5

Early expectations of who we're going to be as parents based on our own lives



“By no means are these prenatal environments or genetic endowments deterministic, but they do play a pretty profound role in shaping this early start to life.”

- Dr. Archana Basu

Dr. Archana Basu is a clinical psychologist and Instructor in the Division of Child and Adolescent Psychiatry, at Massachusetts General Hospital/Harvard Medical School. She conducts research to understand how trauma characteristics and protective factors shape children's physical health trajectories.

Listen to the episode “Preventing Trauma” for more from Dr. Archana Basu



**Roadmap to Resilience:**  
Supporting Children Experiencing Stress and Trauma