

PARENTING WITH ACES

HOW IT FEELS & HOW WE HEAL

Chat Series

Highlights

- Joyelle Brandt
- Charles Daniels, Jr.
- Dawn Daum
- Parenting with ACEs Community
- Dr. Claudia Gold
- Sebern Fisher
- Byron Hamel
- Donna Jackson Nakazawa
- Belleruth Naparstek
- Beth O'Malley
- Carey Sipp

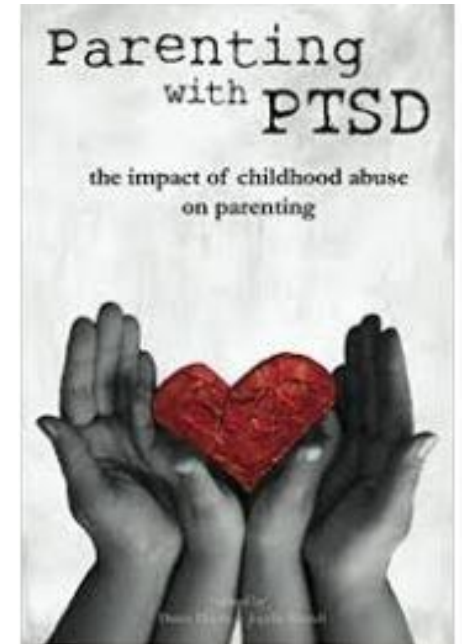
“I JUST THINK OF HOW MANY SURVIVORS ARE LIVING IN SILENCE AND FEELING ALONE AS PARENTS AND IT BREAKS MY HEART. **THIS COMMUNITY** HAS MEANT SO MUCH TO ME BECAUSE I HAVE COME TO FIND THAT I **AM NOT ALONE!**”

CHERIE CONRAD-HERSCH



“MANY SURVIVORS OF CHILDHOOD ABUSE ARE LIVING WITH UNDIAGNOSED PTSD THAT BECOMES UNMANAGEABLE WHEN THEY HAVE KIDS OF THEIR OWN, AND THE WORST PART OF THAT IS THE FEELING THAT YOU ARE BROKEN AND ALONE.”

DAWN DAUM & JOYELLE BRANDT,
PARENTING WITH PTSD & ACES, CHAT



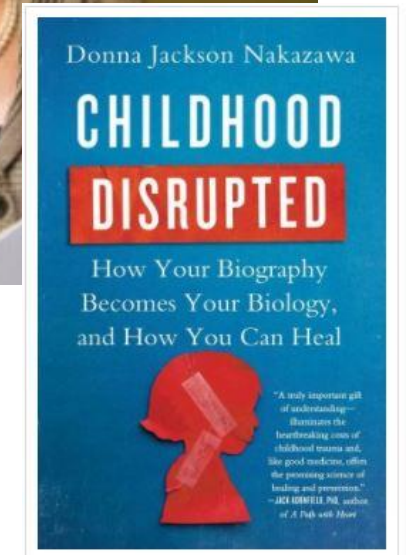


“I
was
scared to
parent !!!”

CHARLES C. DANIELS, JR.,
Fathers' Uplift

“WHEN WE’VE FACED
EARLY ADVERSITY,
OUR BRAIN CAN
BECOME HYPER BUSY,
LOOKING FOR
CONFIRMATION THAT
THE WORLD IS A
SCARY AND
DANGEROUS PLACE,
AND SO ARE THE
PEOPLE IN IT. IT CAN
FEEL AS IF
EVERYTHING IN LIFE
IS AN EMERGENCY.”

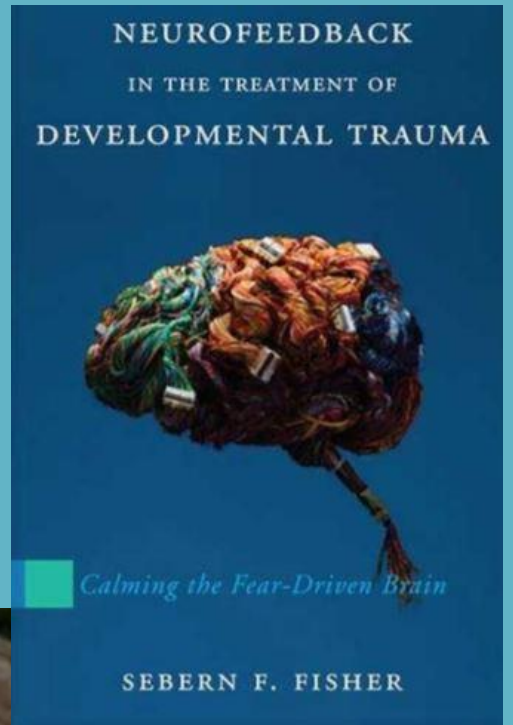
DONNA JACKSON NAKAZAWA
WELL-BEING, SELF-CARE & ACES
CHAT



“ANY WAY THAT YOU
END UP LIVING IN
FEAR MEANS A LOSS OF
QUALITY OF LIFE. IT'S
JUST DIFFICULT TO
ADDRESS THIS ONLY
THROUGH THERAPY.”

SEBERN FISHER

NEUROFEEDBACK FOR
DEVELOPMENTAL TRAUMA CHAT



“The process of learning to navigate triggers is ongoing and changes with each stage of the parenting gig.

I'll say though that just learning that others out there were experiencing parenting as I was was a game changer. It lifted a funk I'd been swimming in for a long time.”

Joyelle Brandt,
[Parenting with PTSD & ACEs, Chat](#)

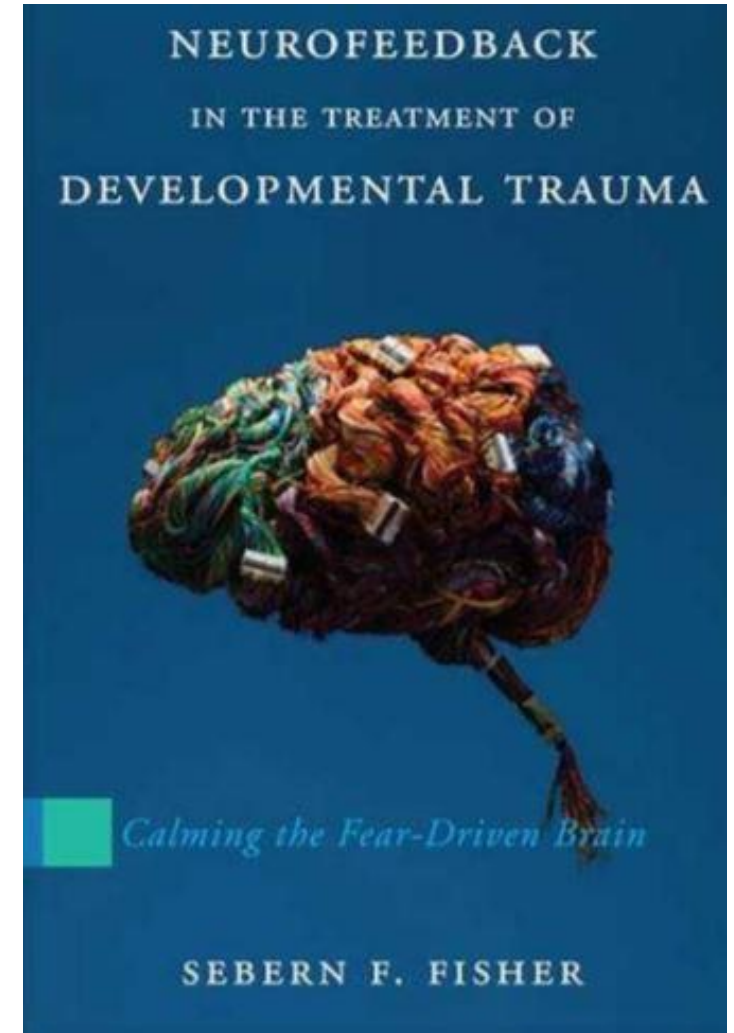


“KIDS ARE, BY THEIR NATURE,
TRIGGERING.

THEY CAN ALSO OFFER
A NEW EXPERIENCE OF
CONNECTION.

IT IS A
TWO-WAY
STREET
WITH THE
PARENT
LAYING THE
ROAD MAP.”

SEBERN FISHER,
NEUROFEEDBACK FOR
DEVELOPMENTAL TRAUMA CHAT



“I ALSO THINK WE AS A CULTURE HAVE A LONG WAY TO GO. WE EXPECT THAT WE WILL JUST KNOW HOW TO PARENT AND IF ASKING FOR HELP, THERE IS EITHER SOMETHING WRONG WITH YOU AS A PARENT OR SOMETHING WRONG WITH YOUR KID. WE NEED TO CHANGE THAT THINKING.”

GAIL KENNEDY



Photo: Margaret Bellafiore, Body Language Exhibit, Mobius



“ACEs ARE
INTIMATELY
INTERTWINED WITH
STORIES OF LOSS.
WHEN WE CAN
LISTEN FOR LOSS
AND ALLOW PARENTS
A SAFE SPACE TO
GRIEVE, WE HELP
THEM TO MOVE
THROUGH MOURNING
TO HEALING.”

CLAUDIA M. GOLD, MD

THE SILENCED CHILD

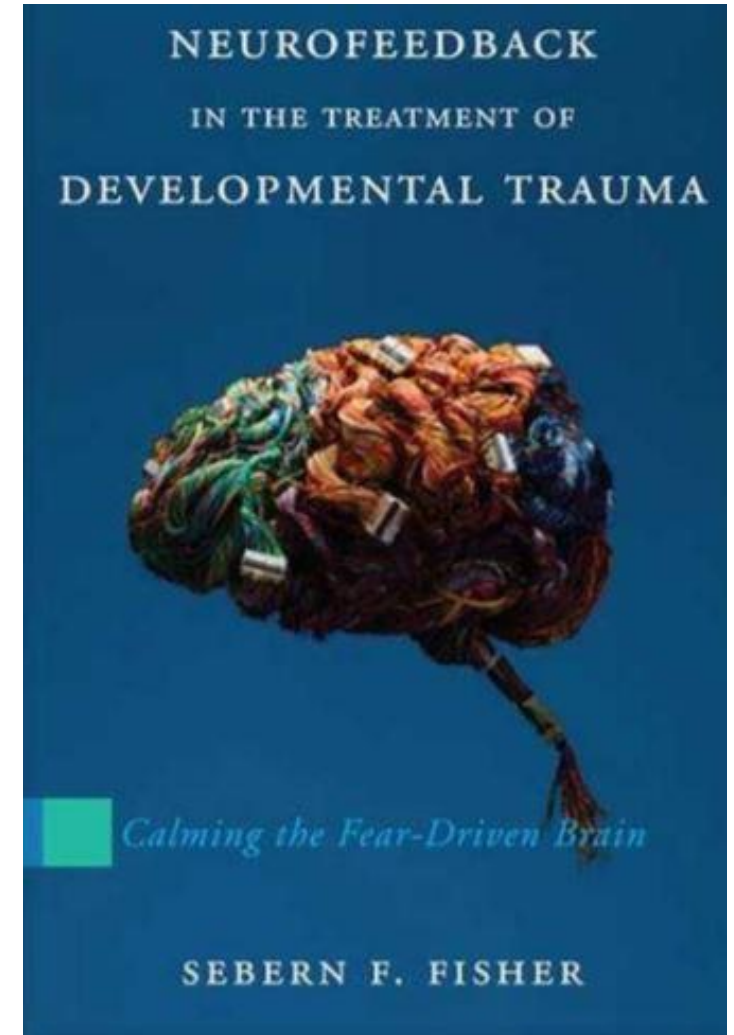
From Labels,
Medications,
and Quick-Fix
Solutions
to Listening,
Growth, and
Lifelong
Resilience

CLAUDIA
M. GOLD, MD



“IN HIGH ACES
FAMILIES,
EVERYONE
SUFFERS
SOMETHING.”

SEBERN FISHER

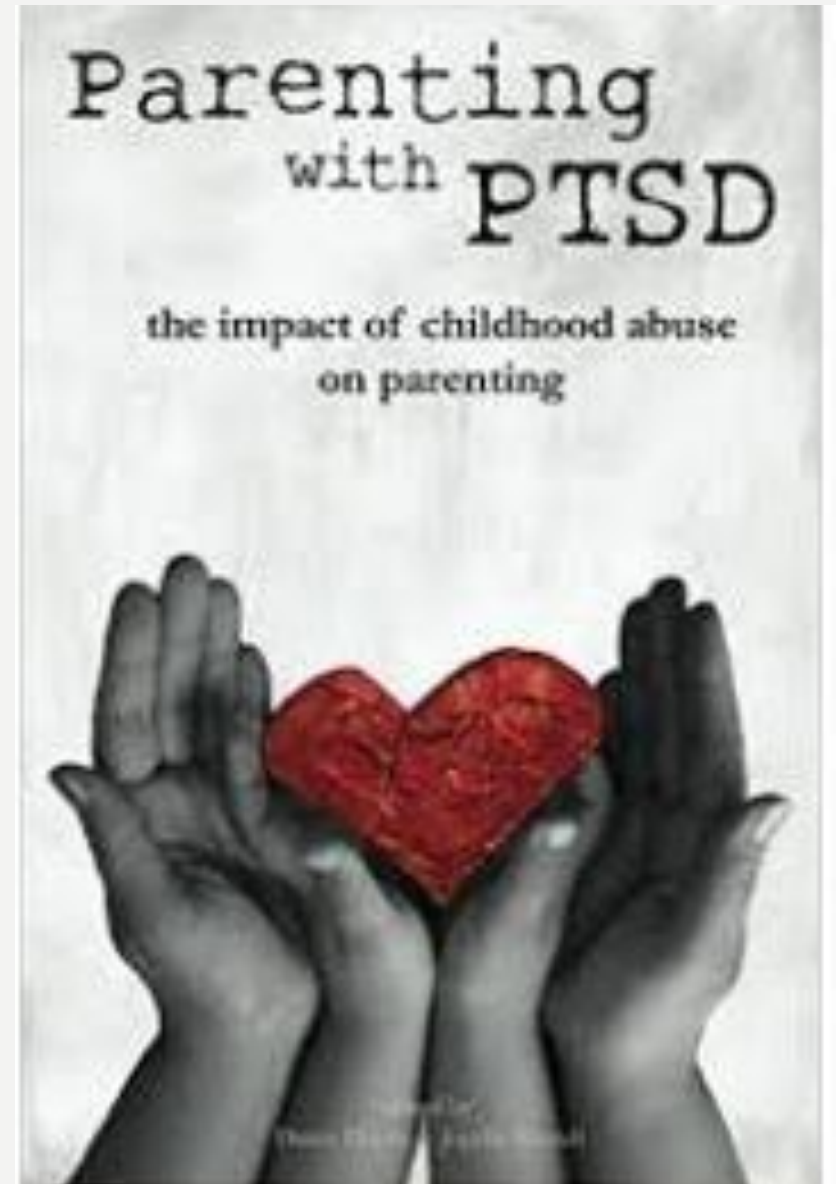


“I think what I was looking for, and what most survivors are looking for, is someone who will say ‘**me too.**’

I had already spent so much of my life feeling like an other, because of my abuse history.

Becoming a parent added another level to that, a level of shame and secrecy that I was tired of living with.”

Joyelle Brandt






“THE TRUTH IS, THIS
IS A RELENTLESS
FIGHT. IT IS FOREVER.

THE VICTORY
IS IN THE
PERSISTENCE.”



BRYON HAMMEL
“TRAUMA DAD”
FATHERS & ACES, CHAT



“THE GRAVITY
OF THE TRANSPARENT
WALL OF SHAME
HOLDING PEOPLE IN
PAIN AND HEARTBREAK IS
STAGGERING.”

DANA BROWN

WAS SHE
DEVELOPING
& HEALTHY
& OKAY ON THE
FLOOR FOR
A SECOND?

WAS SHE CLEAN,
HAPPY, GETTING
ENOUGH LOVE?

WAS SHE SAFE
OR FED OR UPSET?
DID SHE LIKE THIS
TOY OR THAT,
OR THE SAND,
OR THE WATER
OR WHATEVER?

**I hadn't paid that much
attention to my body,
needs, sensations, or self -
EVER.
It was exhausting.**

Cissy White

“I wish someone had told me that there are a lot of ironies and challenges surrounding menopause.

That the ironies of me losing my fertility and that sense of still being a “woman in full” would hit about the same time my daughter started having a period would mean having two hormone-affected people in the same house.”

CAREY SIPP

Menopause, Parenting & ACEs chat



“I realized many of us already have a distrust of our bodies.

So these bizarre and rapid changes in menopause are all the more terrifying and alien.”

CAREY SIPP

Menopause, Parenting & ACEs chat

“I believe they (menopause) can be especially challenging for those of us with a high ACE score, as we are already on full-alert, and losing progesterone, which is calming, and testosterone, which gives us energy and ‘strength,’ and to a degree more courage, can be a challenge when you have teenagers.”



“NO MATTER HOW HARSH THE EXPERIENCES OF CHILDHOOD, **HEALING IS POSSIBLE** FOR EVERY ONE OF US. IT IS NEVER TOO LATE TO EVINCE A BETTER SELF.”

DONNA JACKSON NAKAZAWA

WELL-BEING, SELF-CARE & ACES CHAT

AUTHOR, CHILDHOOD DISRUPTED:
HOW YOUR BIOGRAPHY BECOMES YOUR
BIOLOGY & HOW YOU CAN HEAL



Me
too.

Me too.

“Because of my work in the mental health field, I saw almost daily how prevalent childhood sexual abuse was. Once I made the realization that there was no way I was the only one experiencing motherhood this way, it gave me the courage to stand up and speak out.”

Dawn Daum, Fathers & ACEs

“It (learning about ACEs) also changed my life by putting my experiences in perspective and allowing me to begin to explore what happened to me rather than to continue to dwell on what was I felt was wrong with me.”

James Encinas

[Fathers & ACEs, chat](#)



“FOR ME, I HAD TO UNDERSTAND THAT I WOULD NOT PUT MY SON THROUGH THE TRAUMA MY FATHER PUT ME THROUGH.”

CHARLES C. DANIELS, JR.

Fathers & ACEs



“ I USED TO FEEL LIKE
LIFE GAVE ME THE SHAFT
UNTIL I SAW HOW GOOD
I COULD MAKE IT FOR
MY CHILDREN. I KNOW
HOW BAD BAD CAN BE. I
KNOW WHAT NOT TO DO.
AND THAT MAKES DOING
GOOD SOMETHING I CAN
NAVIGATE EASILY.

I WANT TO SHOW
THEM HOW GOOD
GOOD CAN BE.

I WANT TO SHOW
MYSELF THAT, TOO.”



BRYON HAMMEL
“TRAUMA DAD”
FATHERS & ACES, CHAT



“DIFFERENT THINGS
WORK FOR DIFFERENT
PEOPLE BUT NO ONE
CAN OR WILL CHANGE
IF THEY ARE PUNISHED
AND SHAMED FOR
THEIR BEHAVIOR
RATHER THAN LOVED
AND HEALED AND
GIVEN THE TOOLS TO
ENGAGE IN THEIR
OWN HEALING
PROCESS.”

JAMES ENCINAS,
FATHERS & ACES



“DADS COULD USE MORE
TIME WITH THEIR KIDS.

KIDS COULD USE MORE
TIME WITH THEIR DADS.”

BRYON HAMMEL
“TRAUMA DAD”



“CHILDREN WITH ACES FIND 'RESILIENCE' BECAUSE AN ADULT PROVIDES A SAFE ENVIRONMENT - IN WHICH THEY FEEL KNOWN, VALIDATED.”

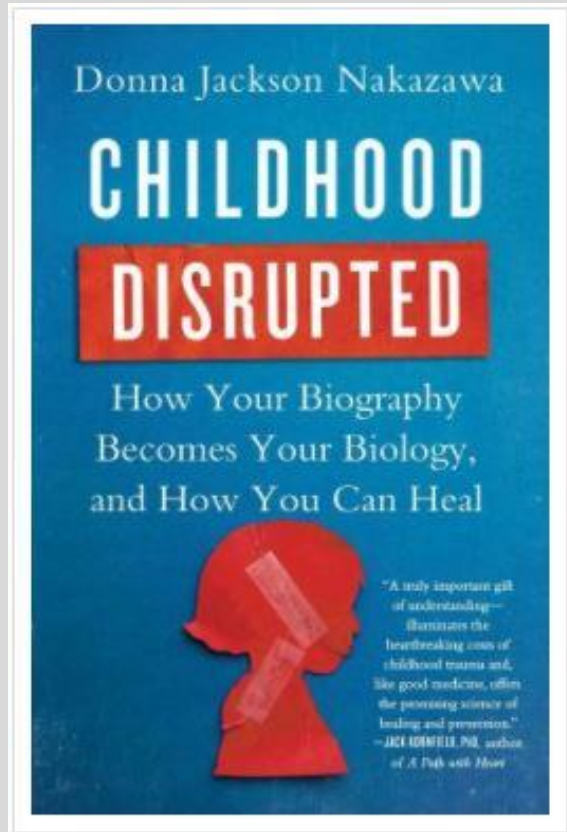
DONNA JACKSON NAKAZAWA



DONNA JACKSON NAKAZAWA

“ SELF-REGULATION BY
ADULTS IS A FIRST
STEP TO HELP KIDS
SELF-REGULATE
THEMSELVES .

“ KIDS DO BEST WHEN
ADULTS AROUND THEM
HAVE STRONG STRESS-
MANAGEMENT SKILLS .”



“TO MARINATE
IN FEELING SEEN,
KNOWN,
LOVED,

TO GROW UP FREE OF
TERROR, IS THE
ULTIMATE NEURO-
PROTECTOR..”

DONNA JACKSON NAKAZAWA
- TWITTER

“MANY PEOPLE WITH
ACEs HAVE NEVER
HAD THEIR PAIN
VALIDATED.”

DONNA JACKSON NAKAZAWA

“When we tap into the joy of empathy, and enjoying the nourishment we’re giving our kids – giving them what we wish we’d had, we can get a buzz from that, when we’re not exhausted and irritated, that is.... 😊”

Belleruth Naparstek

Author of Invisible Heroes: Trauma Survivors & How They Heal



I think ACEs has made a huge difference! It normalizes and universalizes experiences we get stuck in - isolated and alone. And it's remarkable how much its spread its wisdom in recent years.“

Belleruth Naparstek



Art: Margaret Bellafiore, Body Language Exhibit, Mobius

“We can build up a sense of worth and value and replay the sweet moments of our lives, again and again, till they fill us up and crowd out the ugliness..



It’s a great antidote to the erosion of self esteem that can come from racism.. Or a big jerk, too.”

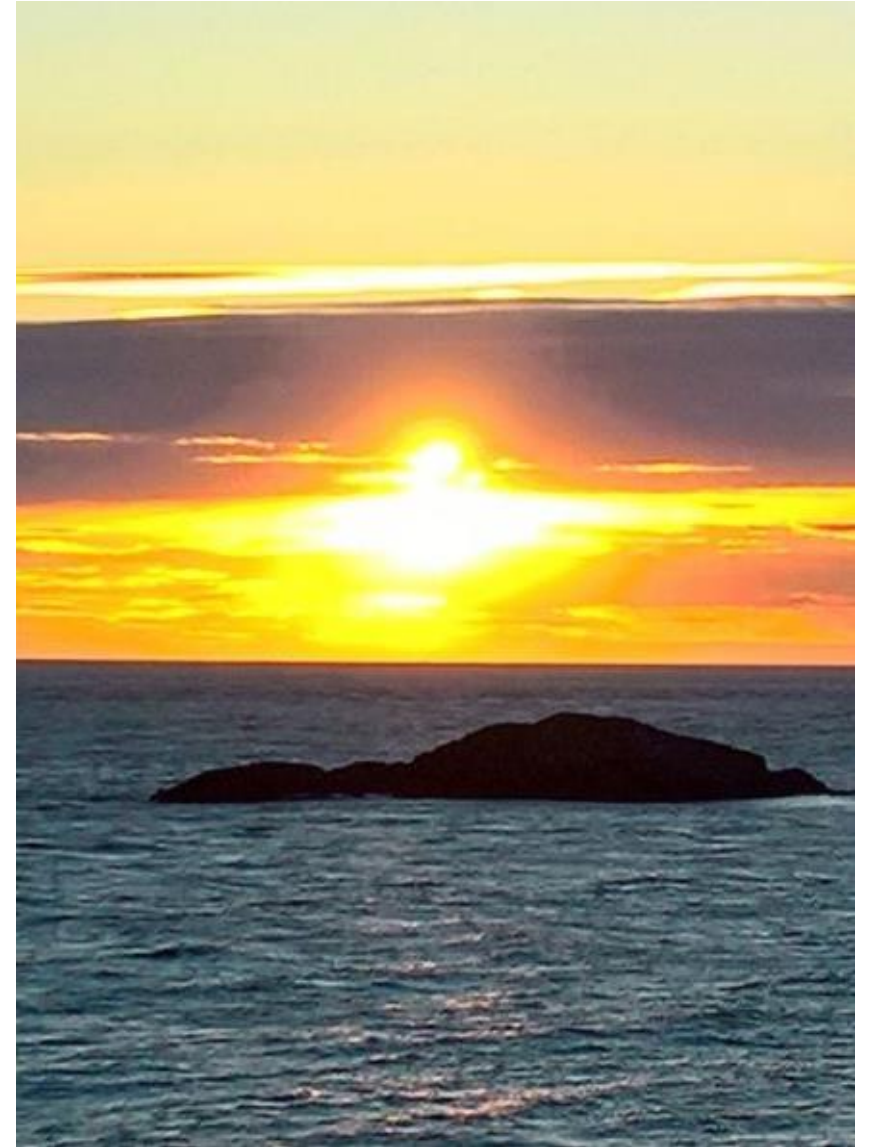
Belleruth Naparstek

Awareness is key in managing PTSD.
Being able to recognize what triggers
feel like both emotionally and physically
can help guide you through the most
challenging moments.”

Dawn Daum

“I do believe one of the keys is simple SELF-REGULATION, however you do it – meditating, running, gardening, breathing... it’s the opposite of helplessness. It’s mastery and having agency over a passing mood or upset...”

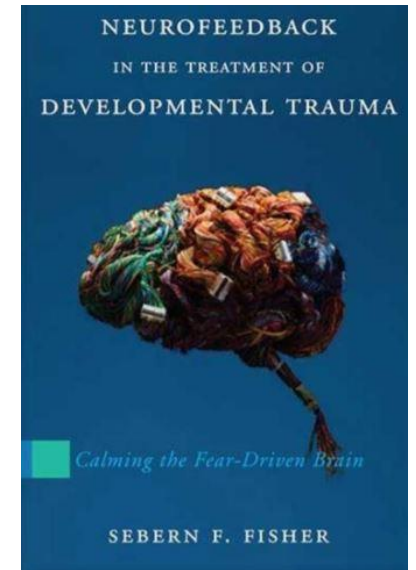
Belleruth Naparstek



“INTERGENERATIONAL
TRAUMA IS VERY REAL, AS
IS CULTURAL TRAUMA
SUCH AS GENOCIDE.

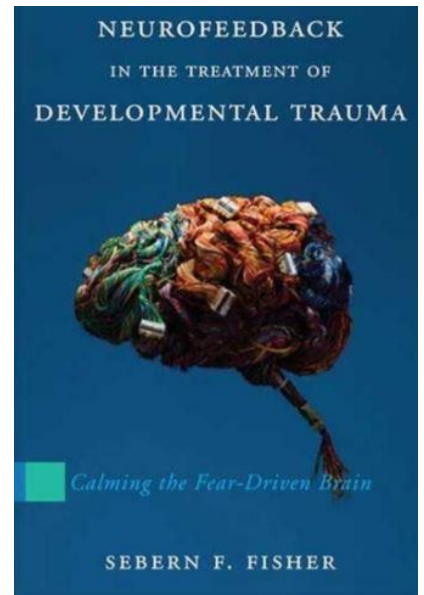
OUR BRAINS CARRY THIS
INFORMATION SINCE WE
ARE BUILT TO SERVE OUR
SURVIVAL.”

SEBERN FISHER



“ACES
ARE BUILT INTO
MY ASSESSMENT.
IT’S STILL A
CRUDE MEASURE.
IT DOESN’T
ADDRESS THE
EPIGENETICS OF
RACE, FOR ONE,
OR THE EFFECTS
OF BULLYING,
ETC. BUT IT’S OF
COURSE, VERY
IMPORTANT”

SEBERN FISHER





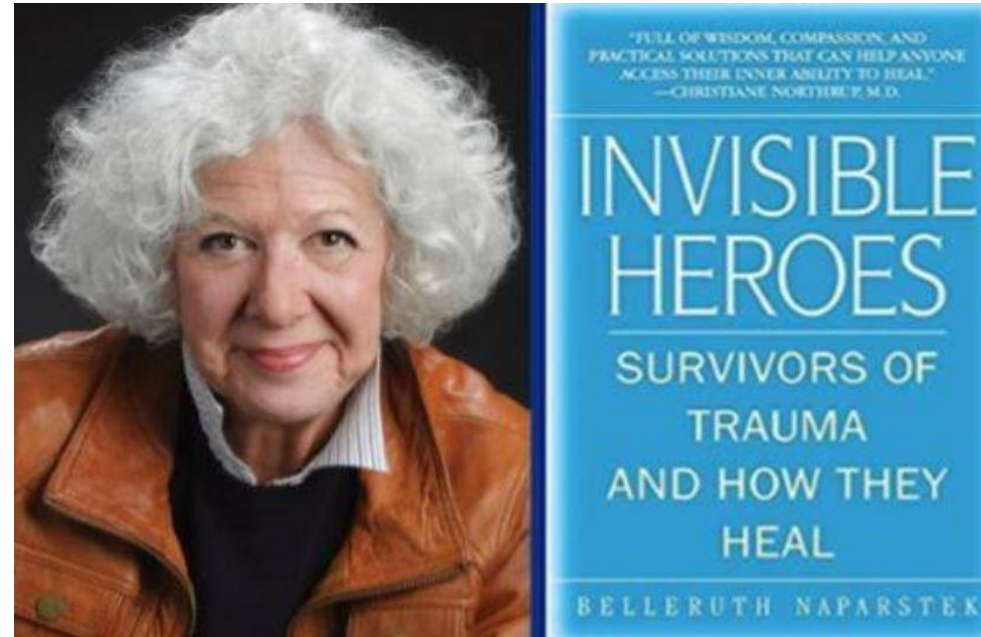
“That is the hardest part for me... to be kind to myself and give myself the same love and support I give others.”

Gail Kennedy

“ Radical self love is: asking for help, taking a drink of water, going for a walk in nature, saying NO (often and firmly), getting enough rest, finding delight in every day, prioritizing JOY, taking the time to get to know and understand yourself, surrounding yourself with good people.”

Joyelle Brandt

“I so appreciate the question about insidious racism and post-traumatic stress. It’s like a continuous assault on self-esteem and a sense of helpless fury and/or sadness that goes with it... feelings of helplessness are key to acquiring PTS, of course.”.



Belleruth Naparstek Guided Imagery & ACEs

“SILENCE
ISN'T WHAT
KEEPS KIDS
SAFE FROM
DANGER.

SOMETIMES, IN
FACT, IT'S
SILENCE AND
NOT BEING
WARNED OF
DANGER THAT
PUTS THEM AT
GREATER
RISK.”

BETH O'MALLEY

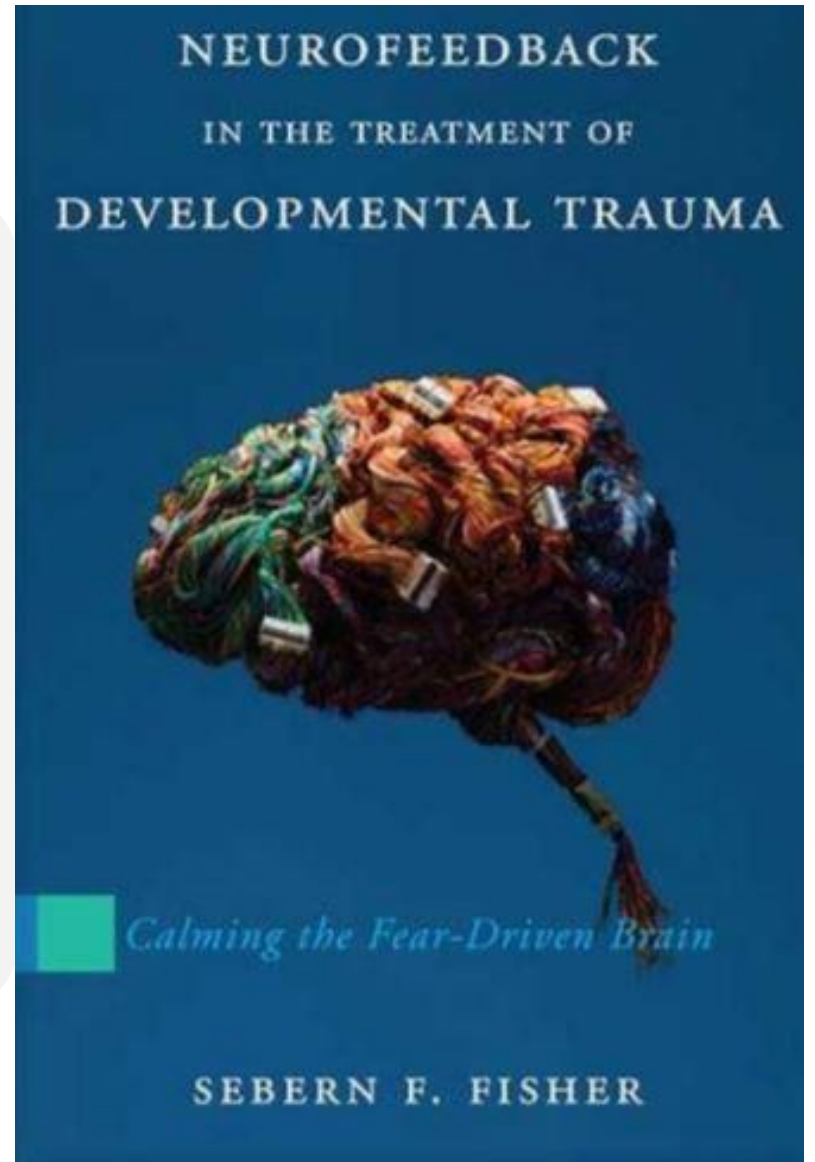
“Educating kids so that they'll have the language to address these issues early will help them when they're adults and living their own lives and developing public policies!”

Jane Stevens

Founder & Publisher,
ACEs Connection &
ACEs Too High

“THE GOOD-ENOUGH MOTHER NATURALLY PROTECTS HER CHILD. WHEN TRAUMATIC EVENTS OCCUR THAT ARE BEYOND HER CONTROL, SHE VALIDATES THEM AND HELPS HER CHILD RECOVER FROM THEM. THIS CAN MEAN THE DIFFERENCE BETWEEN EXPERIENCING A TRAUMATIC EVENT AND BECOMING TRAUMATIZED.”

SEBERN FISHER





“ACE's info turned the lights on for me. Before (the) ACE's test, It was like stumbling in the dark for answers. I took it about 10 years ago, and it has truly transformed my understanding of why we do what we do.”

Matt Furlong

“FOR ME, I WAS SO FOCUSED ON TRYING TO GET OVER MY PTSD RELATED TO GROWING UP WITH PARENTAL AND SPOUSAL ALCOHOLISM/ALCOHOL ABUSE AND PARENT RAGE OVER NOT BEING ABLE TO CONTROL THE OTHER PARENTS' ALCOHOLISM, THAT IT WASN'T UNTIL I WAS IN THERAPY FOR THAT I WAS ALSO ABLE TO LOOK AT THE ACE OF SEXUAL ASSAULT AND HOW DEEPLY I'D BURIED THAT.”

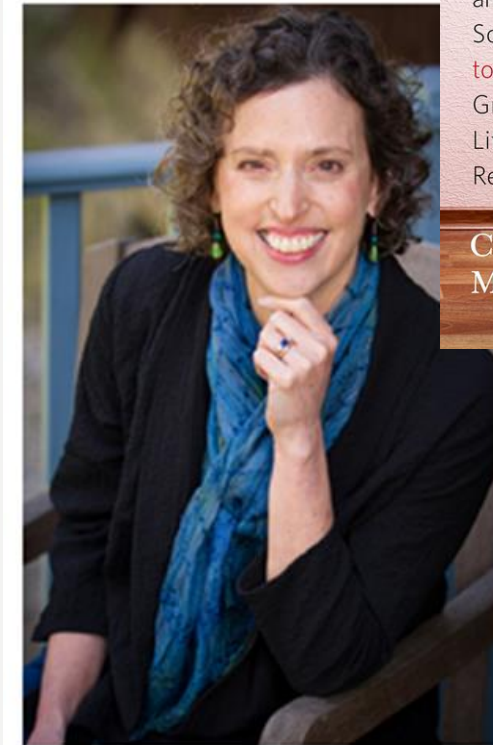
LISA FREDERICKSON



“MOTHERS WHO HAVE ACCESS TO DOULAS DURING DELIVERY SEEM TO HAVE BETTER ATTACHMENT TO THEIR CHILDREN. THEY ARE BEING, FINALLY, CARED FOR DURING A TIME OF EXTREME FRAGILITY AND OPENNESS. THERE’S A CASE STUDY IN THE BOOK OF TRAINING A HIGH ACES MOM AND THE EFFECTS IT HAD ON DETAIL MOVEMENT AND REGULATION IN UTERO”

SEBERN FISHER

“PARENTS WHO SAY, ‘I DON’T WANT TO RAISE CHARLIE THE WAY I WAS RAISED, DO NOT NEED ‘EXPERT’ ADVICE. THEY NEED TO DEVELOP CONFIDENCE IN THEIR NATURAL INSTINCTS. THE GOAL IS TO SUPPORT PARENTS’ EFFORTS TO FIND WAYS OF RAISING THEIR CHILDREN THAT IS IN KEEPING WITH THEMSELVES, WITH EACH OTHER, AND WITH THEIR CHILD.’”



THE SILENCED CHILD

From Labels, Medications, and Quick-Fix Solutions to Listening, Growth, and Lifelong Resilience

CLAUDIA M. GOLD, MD



CLAUDIA M. GOLD, MD

“ADMITTING I FELT
ANXIOUS AND SCARED
WAS SOMETIMES ALL I
NEEDED TO FEEL A
LITTLE BIT BETTER AND
MORE SAFE. IT COULD
HELP ME TO STOP
HOLDING MY BREATH,
MIGHT CAUSE ME TO
CRY, AND RELEASE
STRESS.”

CISSY WHITE



“Breath is medicine.

So is laughter.”

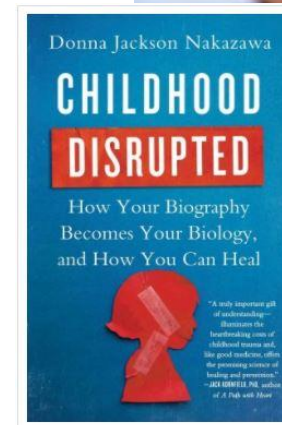
Elizabeth Prewitt



“A NATIVE ELDER
SHARED, ‘HOW CAN
WE INTEGRATE THE
SCIENCE WITH
SPIRITUALITY’ I’VE
BEEN RESONATING
ON HIS WORDS EVER
SINCE HEARING THEM
AND FEEL THEY ARE
AT THE CORE OF OUR
NATION AND
WORLD’S HEALING.”

DANA BROWN

“NO MATTER HOW OLD YOU ARE – OR HOW OLD YOUR CHILD MAY BE, THERE ARE SCIENTIFICALLY SUPPORTED AND RELATIVELY SIMPLE STEPS THAT YOU CAN TAKE TO REBOOT THE BRAIN, CREATE NEW PATHWAYS THAT PROMOTE HEALING, AND COME BACK TO WHO IT IS YOU WERE MEANT TO BE.”



**DONNA JACKSON
NAKAZAWA,**
WELL-BEING, SELF-CARE &
ACES_CHAT

Parenting with ACEs

Chat Series

How it Feels & How We Heal

THANK YOU TO
THE PARENTING WITH
ACEs COMMUNITY FOR
SHARING YOUR TIME &
QUESTIONS, STORIES
& EXPERTISE.

THANK YOU TO
OUR SPECIAL GUESTS
FOR YOUR TIME &
LEADING THESE
CHATS!

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Note: Feel free to use/share this or chat series quotes document. Please cite ACEs Connection, Parenting with ACEs & Margaret Bellafiore for artwork.