





Finding the Gold Requires Opening the Windows & Looking Inside



- Opening a window allows fresh air and light in, awakening and refreshing all within.
- It shines light on the cobwebs in our dark corners or reveals things long forgotten under the bed.
- Illuminating the dark is the first step toward dealing with the past.
- Opening a window can bring a fresh view of yourself & potential for a happier life!

Home Visitors Play a Pivotal Role

Helping Families Discover their Gold Within



By understanding and being sensitive to families' past and current experiences with trauma, home visitors can:

- provide an emotionally supportive relationship to help families
- help replace destructive ways of coping with healthy strategies
- connect with therapeutic supports as needed.







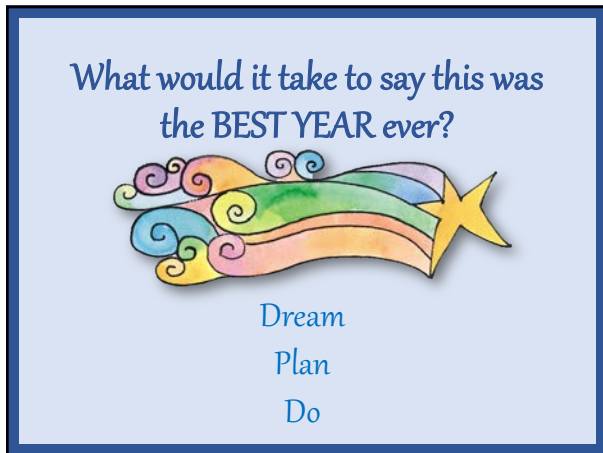




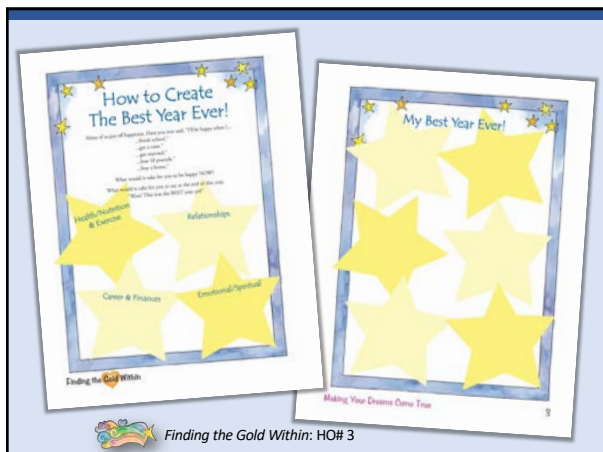






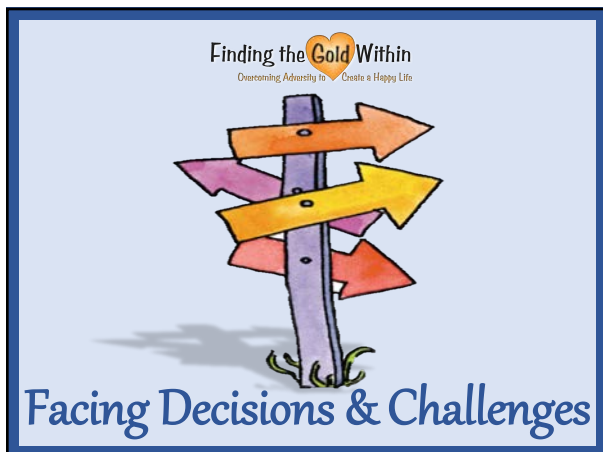


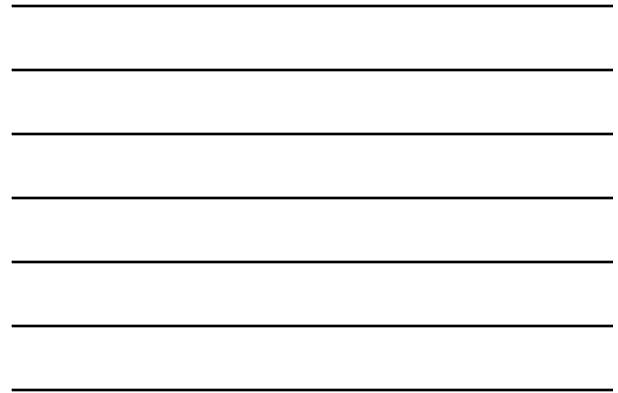













Facing Challenges



Worksheet for Infantly Baby Home Finding Challenges

Baby's 1st Year: HO # 157

Solving Problems & Facing Challenges



Worksheet for Infantly Baby Home Finding Challenges

Baby's 1st Year: HO# 85


Solving Problems & Facing Challenges



Worksheet for Infantly Baby Home Finding Challenges

Baby's 1st Year: HO # 144

Solving Problems & Facing Challenges



Good Enough Mothering


You may have had great ideas of being the perfect mother, being in control, doing better, and perfecting every detail. But, you cannot ever reach perfection and it's impossible.

Perfection is an unrealistic expectation of perfection. Striving for perfection is not what a good mother does. It's being up there, doing it, and being a good mother.

The way to be a good mother is to be a good enough mother. The mother who has the ability to be a good mother after the first time she tries.

Know that good enough is, well, good enough!

Baby's 1st Year: HO # 119



Making Good Decisions

Life's GPS
Your Internal compass is always turned on. It speaks to you.
"Something doesn't feel right" or
"Danger!"
Follow your instincts and internal GPS.
That's where here real wisdom lies.

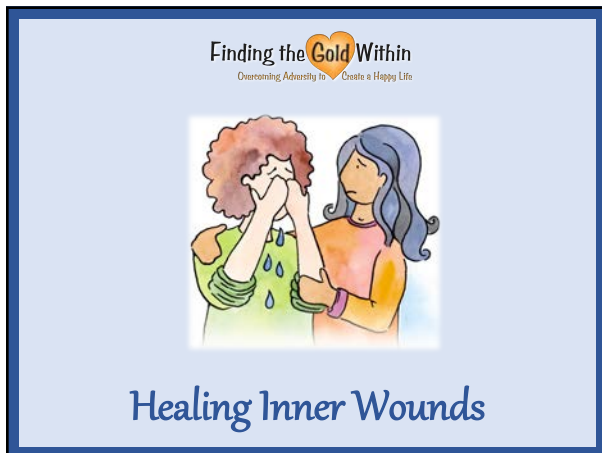


Before Baby Arrives: HO# 28; Finding the Gold Within: HO# 7

We Learn to Handle Difficulties by Imitation







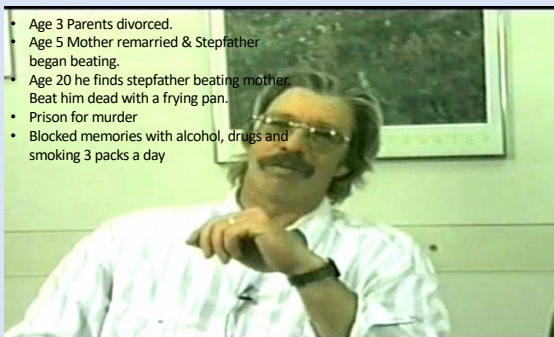
Healing Inner Wounds



Gaining Weight was the solution,
not the main problem.

Drugs, Alcohol & Cigarettes were Solutions to His Trauma History

- Age 3 Parents divorced.
- Age 5 Mother remarried & Stepfather began beating.
- Age 20 he finds stepfather beating mother. Beat him dead with a frying pan.
- Prison for murder
- Blocked memories with alcohol, drugs and smoking 3 packs a day



ACES: Adverse Childhood Experiences

Abuse by Category

- Psychological (by parent)
- Physical (by parent)
- Sexual (by anyone)

Household Dysfunction by Category


- Substance Abuse
- Mental Illness
- Mother Treated Violently
- Imprisoned Household Member



<https://acestoolhigh.com/got-your-ace-score/>

Widespread Prevalence of ACEs

Of 17,000 respondents, 2/3s had at least 1 ACE.




Source: V. Felitti, 2005

Household dysfunction	
Substance abuse	27%
Parental separation/divorce	23%
Mental illness	17%
Battered mother	13%
Incarcerated family member	6%

Abuse	
Psychological	11%
Physical	28%
Sexual	21%

Neglect	
Emotional	15%
Physical	10%



The Higher the ACE Score the Greater the Risk of...



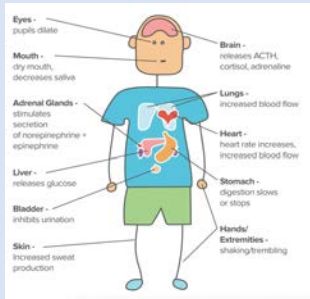
Substance Abuse Mental Health Delinquency Domestic Violence Child Welfare
Obesity Smoking Drinking Poor Health Court Involvement

We now know more than ever before of the long-term effects of ACEs ...



TED Talk: Nadine Burke Harris, MD

The Brain & Body Reactions to Fear



Source: Cook, et al., 2005. N.C. Division of Social Services and the Family and Children's Resource Program, Vol 17, 2, May 2012



- **Once you are safe**, and all the brain parts have done their job, they are designed to **automatically shut down** and **everything goes back to normal**.

(Streeck-Fischer & van der Kolk, 2000). 38

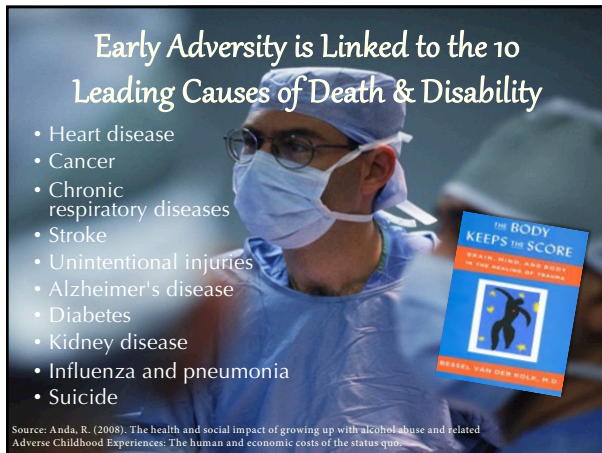
With Chronic Stress, the Body Stays on High Alert

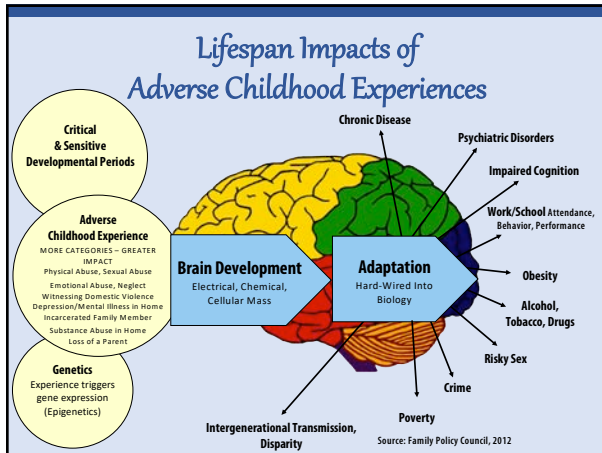
- Stress hormones continue to be released causing the heart to race, blood pressure to rise which **overstresses heart**.
- Prefrontal cortex continues to be shut down **repressing judgement and thinking** so that every situation is processed through the fear center.
- It's **impossible to differentiate between a real and imagined threat** because the stress hormones hijack the information so it never reaches the rational part of the brain. Minor irritations are misinterpreted as a threat causing the system to **overrespond to minor irritations in rage**.
- Cortisol, which was useful in the short term but continues to **shut down clear thinking, disrupts sleep, decreases appetite and triggers body to crave high sugar, high fatty comfort foods**.

Early Adversity is Linked to the 10 Leading Causes of Death & Disability

- Heart disease
- Cancer
- Chronic respiratory diseases
- Stroke
- Unintentional injuries
- Alzheimer's disease
- Diabetes
- Kidney disease
- Influenza and pneumonia
- Suicide

Source: Anda, R. (2008). The health and social impact of growing up with alcohol abuse and related Adverse Childhood Experiences. The human and economic costs of the status quo.





Home Visitors Can Play Pivotal Role in Addressing Trauma



"Slowly, I have come to see that Asking and Listening and Accepting are a profound form of Doing."
Vincent Felitti, MD, Co-Author of the ACE Study











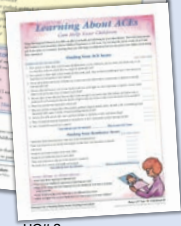

Baby's 2nd Year: HO# 98
Finding the Gold Within: HO# 16

Baby's 2nd Year: H # 100
Finding the Gold Within: HO# 17

Things that happened when you were little can affect your health and well being throughout your lifetime.

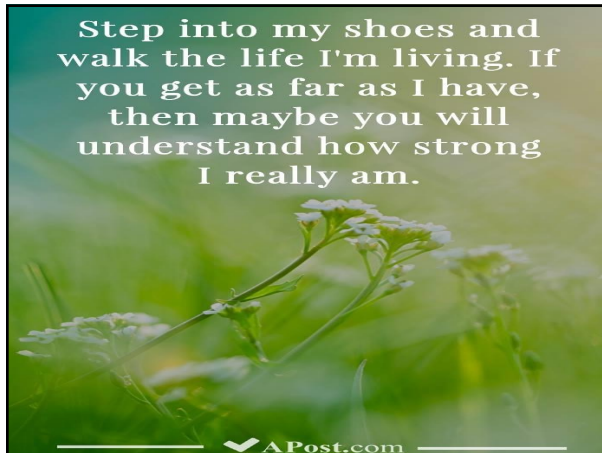
That's why so many parents find it helpful to learn about their ACEs.

Knowing about your ACEs can help you protect your children from these experiences.

Before Baby Arrives: HO# 49; Baby's 2nd Year: HO# 8








Resiliency Questions

- What or who is helping you the most right now?
- What or who is giving you strength?
- What or who has helped you get through hard times in the past?



Baby's 1st Year: HO# 1


Finding the Gold Within

Overcoming Adversity to Create a Happy Life




Getting a New Attitude






The Tao of Pooh

Pooh is kind of clueless, maybe a bit of an airhead.
Pooh is almost always happy.
Pooh wanders through life happily.
He has no goals, but no disappointments.
Pooh is looking for a simple pleasure.
Cake, balloons and a full belly are the key to happiness.

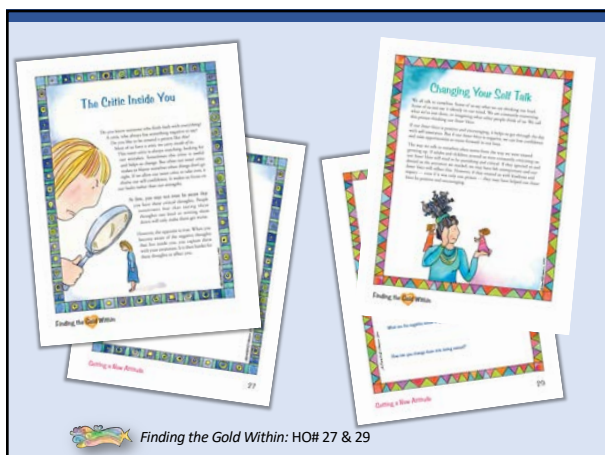


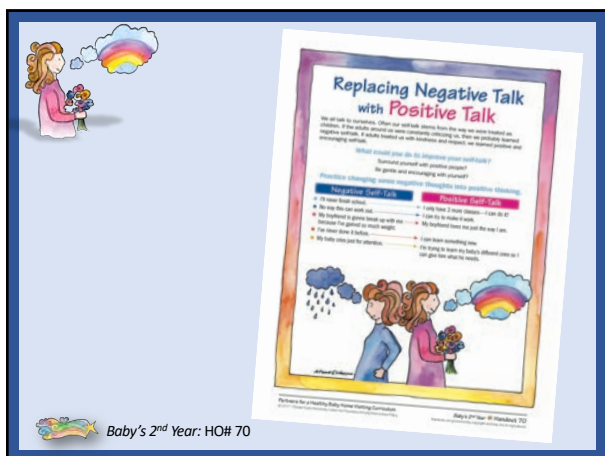
The Tao of Eeyore

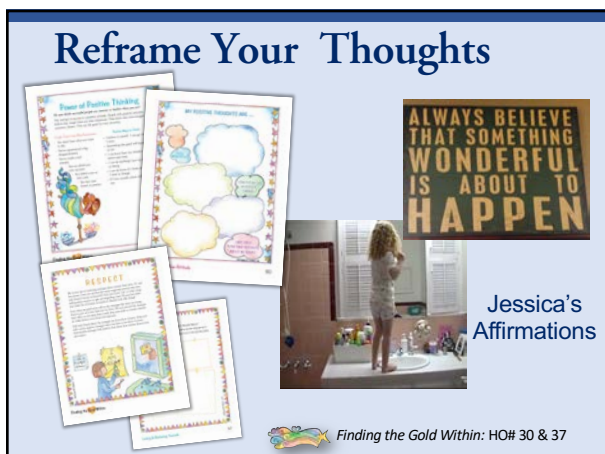
Eeyore is slightly cynical, expecting bad things will happen to him.
Eeyore focuses on problems and complains.
Eeyore loses things a lot and is forgetful.
Eeyore is pessimistic, and worries a lot.
Eeyore is often shy, tired, or sad.
In spite of this, Eeyore is lovable and loves his friends and family.



<https://www.youtube.com/watch?v=COJ0F1WCLMU>



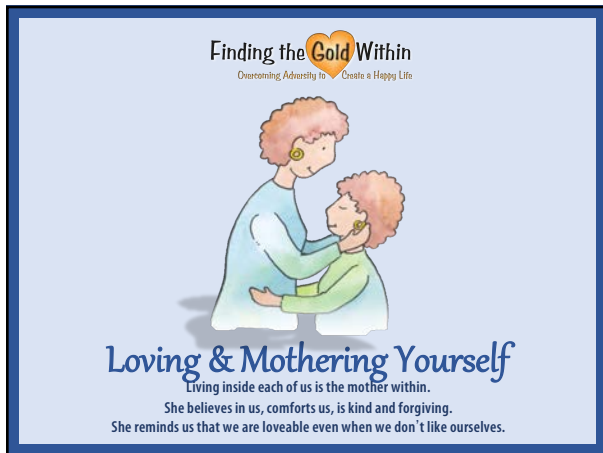


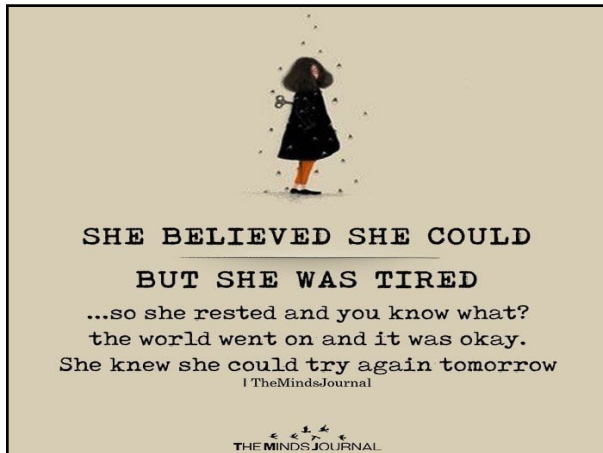


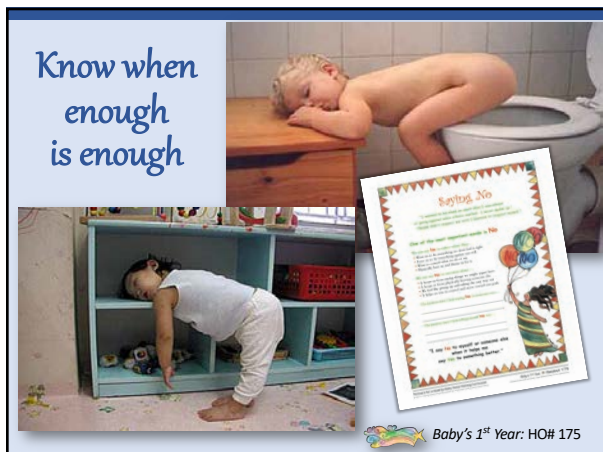


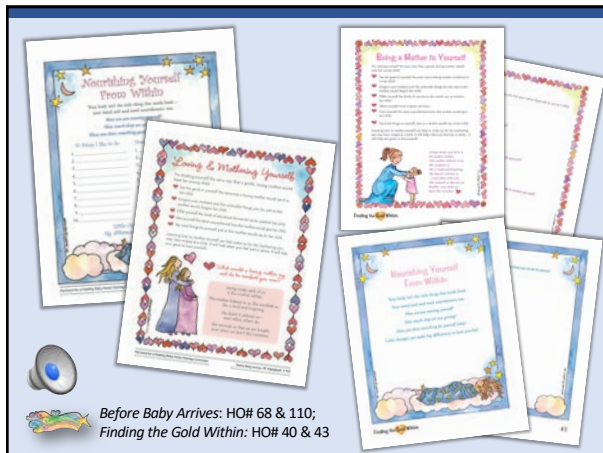




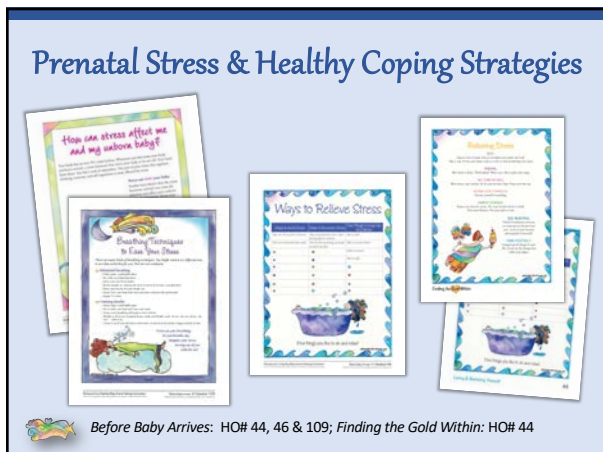


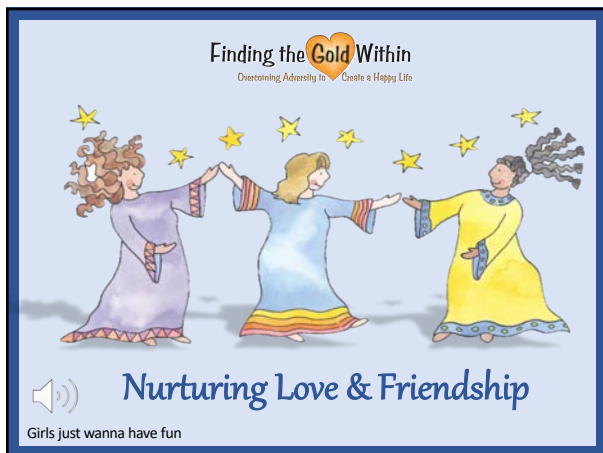








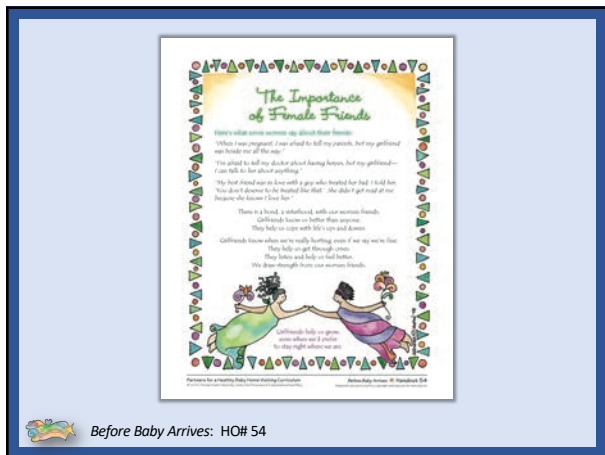




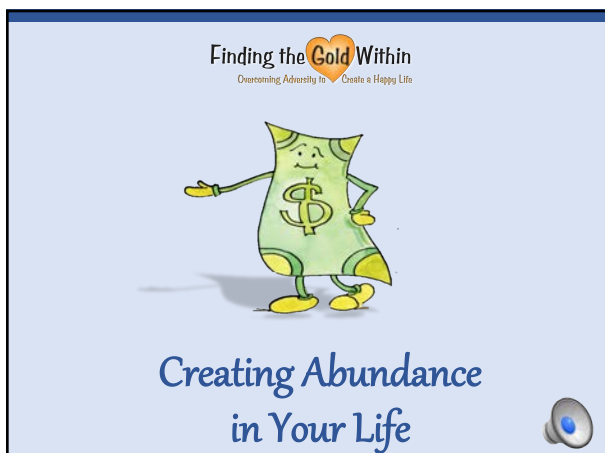








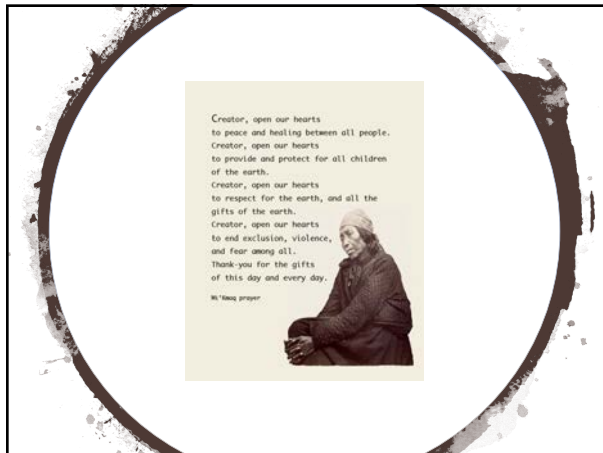














**Gratitude Can Make You
Happier & Healthier**


People who practice gratitude:

- Cope better with stress
- Have fewer colds and illnesses
- Feel better
- Are happier!

Count Your Blessings!



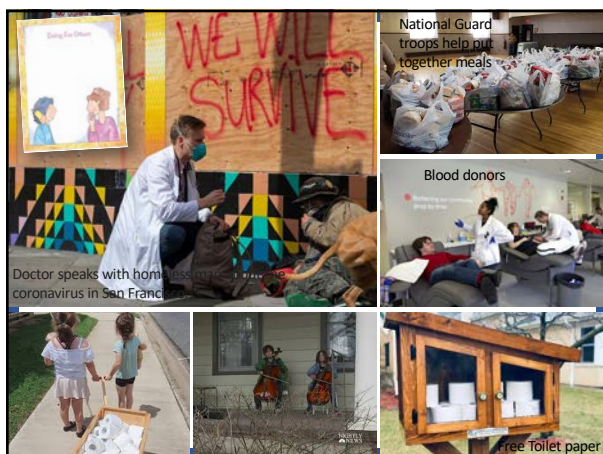
*List 3 things you're grateful for
before you go to bed each night!*



The real issue in life is not how many blessings we have, but what we do with our blessings. Some people have many blessings and hoard them. Some have few and give everything away.

— Fred Rogers —

AZ QUOTES



Life Purpose

Choose a job you love and
you will never have to work
a day in your life.

Confucius



Finding the  Within
Overcoming Adversity to Create a Happy Life



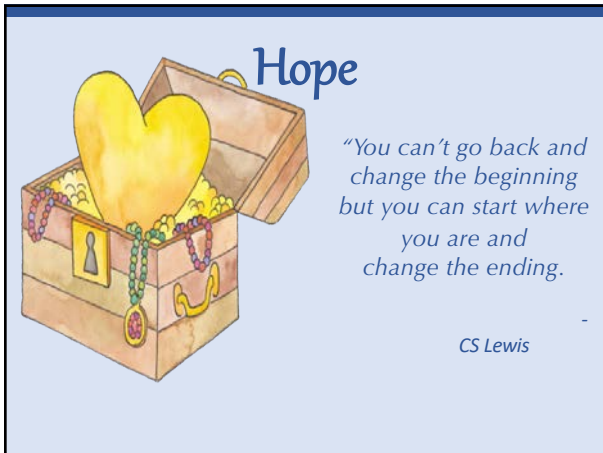
Stepping into Your Greatness 

Small Steps Are Leaps Forward

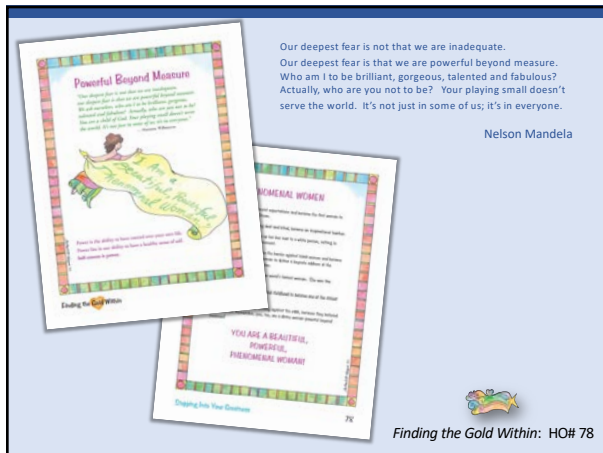


Bobby's 2nd Year: HO# 124; Finding the Gold Within: HO# 23

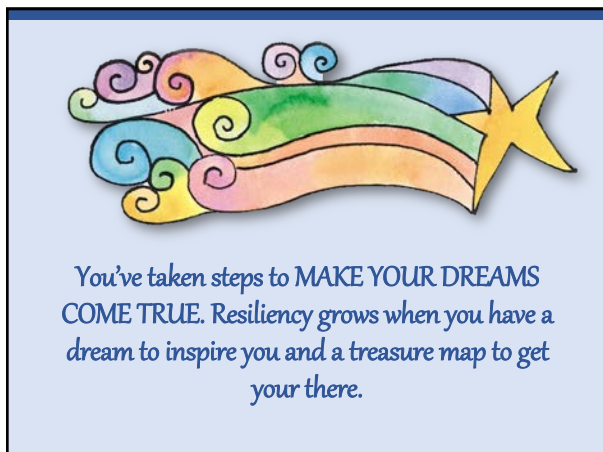












In finding your dream,
you've FACED
DECISIONS &
CHALLENGES in
positive constructive
ways rather than in self-
destructive behaviors.





You've begun HEALING INNER WOUNDS
and childhood hurts and have learned that
the past doesn't have to define your future.



You've gotten a NEW
ATTITUDE believing that good
things will happen in your life
even though things may be
hard now.




You've learned new ways of **LOVING & NURTURING** with self care---accepting your body, releasing worries, reducing stress, healthy eating, getting enough sleep.



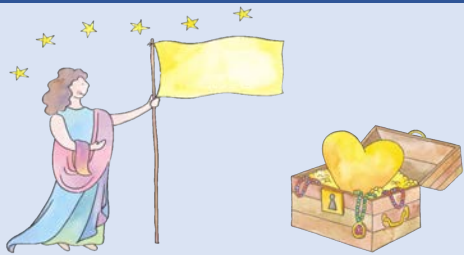
You've learned the importance of surrounding yourself with **NURTURING LOVE, FRIENDSHIPS** and healthy relationships that provide support and buffer adversity.

You've realized that **CREATING ABUNDANCE** is a mindset that helps attract even more health, wealth & happiness in your life.



You've been inspired to practice mindfulness, meditation, doing for others and gratitude to
STRENGTHEN YOUR SPIRITUAL CONNECTION to create a more meaningful fulfilled life.





Throughout this journey of self discovery, you've begun **STEPPING INTO YOUR GREATNESS**. You've discovered the rich potential that has been hidden within. You've built strengths & resiliency in the process of overcoming adversity. You've awakened the magnificent woman inside, revealing the **GOLD WITHIN YOU**, the most precious discovery in your life.



Toddler's 3rd Year: HOH 72 ; Finding the Gold Within: HOH 75

