

WHAT HAPPENED TO YOU?

CONVERSATIONS ON TRAUMA,
RESILIENCE, AND HEALING



BRUCE D. PERRY, MD, PhD
OPRAH WINFREY

A BOOK CLUB GUIDE FOR PARENTS

Journey to Resilience: From Trauma to Healing

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Journey to Resilience: From Trauma to Healing

A book club guide that lets you explore how you feel and think about your own life experiences and daily experiences as a parent while reflecting on the book *What Happened to You?* by Dr. Bruce Perry and Oprah Winfrey.



Dear Reader,

We are pleased to share this book club guide book to *What Happened to You?* by Dr. Bruce Perry and Oprah Winfrey, an important book for everyone interested in learning more about how our past affects our present and our future.

The Children's Trust Fund Alliance works in close partnership with our children's trust fund members and with parent partners across the country. We were fortunate to have the support of the Georgia Children's Trust Fund, located in the Georgia Division of Family and Children Services, in working with their parent advisory council to host a 10-week series of discussions on the book. The parents in the Georgia Parent Advisory Council (PAC) shared their insights each week as they discussed a new chapter of the book, and they demonstrated the power of coming together to share and learn and grow.

This guide book was initially developed as a resource to guide the discussions of the Georgia PAC and was created by Chloe Corrior, a student intern at the Alliance at that time; Kara Georgi, Alliance Parent Partnership Associate; and Norma McReynolds, Alliance graphic designer. Together they created a dynamic and valuable tool that will be useful throughout the country. Chloe works with the Alliance now and this work began as her Capstone project, which she lovingly dedicated to her mother, Carrie Corrior.

We thank Dr. Bruce Perry and Oprah Winfrey for writing this book and contributing to the ongoing conversation regarding the importance of strong, nurturing and healthy families for children. Oprah Winfrey joined the members of the Georgia PAC book club for their final discussion on the Epilogue and Dr. Perry joined the virtual event when the book club guide was released to the public.

We hope this guide will be used throughout the country by multiple groups, including parent groups, who want to read the book and discuss its important concepts. It can also be useful to individuals who want to use the questions, journal pages and coloring pages to support them as they read the book.

Please be sure to let us know if you are reading *What Happened to You?* or have started a book club and are using this guide by completing the brief form on our website at ctfalliance.org/partnering-with-parents/book-club.

A handwritten signature in black ink that reads "Teresa Rafael".

Teresa Rafael, MSW
Executive Director
Children's Trust Fund Alliance

INTRODUCTION TO THE BOOK CLUB CONCEPT

What Happened to You? by Dr. Bruce Perry and Oprah Winfrey is a reflective book for readers on their own and also a concrete tool readers can explore together. The book club concept for parents allows them to come together to talk about their life experiences and how it relates to their everyday parenting.

This book club concept is intended to create a space for parents to bond, share and connect. It allows for a judgement-free space where parents can check in with one another and learn from each other. It is also a space where the parents can reflect and think about and process some of their thoughts or emotions while reading.

While developmentally we constructed this book talk in sequence with the book chapters a single section can be used as a stand alone or additional conversation. The conversations range from 45 minutes to an hour depending on the ability and willingness to engage. Each chapter section includes:

- A short summary of the chapter
- Leveled questions
 - Introduction/icebreaker
 - Diving deeper
 - Reflection
- Wrap-up/inspirational quotes
- Moving to action
- Links to resources
- Coloring sheets
- Sample reflection journal pages (additional journal pages are available to download at ctfalliance.org/partnering-with-parents/book-club)



It helps when you can ask surface-level or general questions to begin and then dive in deeper as the conversation progresses. In addition, the parents we worked with shared the desire to see the hope and action they could take each week. To address this need, we added wrap-up style questions and inspirational quotes.

Overall, the hope is that processing what happened to the parents will help empower them to make positive strengths-based choices and decisions for them and their families. We come from a place of *What Happened to You?* doesn't define you but can be understood to empower you for the future.

OBJECTIVES

We hope this tool can be used alongside *What Happened to You?* to:

- Empower families to discuss needs of themselves and their community
- Further develop connections amongst members of the community
- Create space free of judgement and where families can ask questions
- Implement prevention tools and resources to help families feel strengthened
- Spread awareness of protective factors and work of the Children's Trust Fund Alliance





TIPS

- Pick a quote each week that relates to the chapter and your community.
- Identify local, state or national resources that can be paired with those already shared.
- Create a flexible schedule in partnership with the families with whom you are doing book club.

“This book club and discussion has provided necessary reflection personally, as well as provided me with the pillars needed to help me stand firm in the advocacy work that I do in the community. When true transparency takes place amazing change is contagious.”

~ Georgia Parent Advisory Council Member

APPLICATION

While this project has started with one parent advisory council we hope to share this tool with other parent councils, organizations and communities.

This toolkit can be used in multiple ways:

- Individually
- Small groups
- Large groups
- Conference Settings

For individuals:

- Read a chapter that resonates and then respond to the discussion questions using the reflection journal prompts.
- Color the inspirational coloring sheet and place it somewhere to remind yourself of the hope you have.
- Ask family, friends, work colleagues or others in your community how they might respond to the questions in the journal.

For use in small groups (6 or less people):

- Invite members of your group to join a book club discussion.
- They can read one chapter at a time and participate as they are able.
- Check in on how people are doing.
- Summarize each chapter at the beginning.
- Ask introductory question; facilitate dialogue.
- Ask diving deeper question; facilitate dialogue
- Ask reflection question.
- Respond out loud, in the chat, or on a post-it note.
- Share closing quote and resources.
- Share follow-up email to the whole group.
- Plan with facilitation team for the following week.

For use in large groups (more than 6 people):

- Share book club plan and materials.
- Host a mini book club experience.
- Plan how to use the tools in their work/community.
- Report how and where you are using the book club materials.

For use in conference settings:

- Share materials
- Report on impact of hosting book club
- Host a mini version of the book club

THE PROTECTIVE FACTORS IN *WHAT HAPPENED TO YOU?*

The Children's Trust Fund Alliance is a national leader in promoting and educating others on implementing the Strengthening Families Protective Factors Framework with the goals of strengthening families, promoting optimal development and reducing the likelihood of child abuse and neglect. The framework is a research-informed, strengths-based approach that prevents child abuse and neglect by focusing on the well-being of all families and helping families identify and build on their own protective factors.

The Alliance National Parent Partnership Council (ANPPC) applies this framework to everyday parenting moments and engages parents from across the country to share how they are building protective factors every day. The ANPPC created a suite of infographics that celebrate parenting and highlight the small ways to help make a strong family at ctfalliance.org/partnering-with-parents/anppc.

There is no such thing as a perfect parent. Parents are doing the best they can for their children. Oftentimes

when stress, challenges or other barriers arise, parents need to activate a protective factor to be strong.

- Parenting is hard and there can be challenging days that stretch parents in ways they never imagined. They need to have opportunities to recognize and see their strength in how they went through those moments and came out strengthened and possibly even transformed later on. (Parental Resilience)
- Families need positive social connections with friends, community members, teachers, family and others. These positive relationships can help celebrate the successes and good days and be a support for the hard days. (Social Connections)
- It's parents remembering they will forever be their child's first teacher and that it is okay to not have all the answers or solutions. (Knowledge of Parenting and Child Development)
- Families need support – support that is ready, available and can respond as needs arise. Asking for and using the resources available through individuals and the community is a strength to build strong families. (Concrete Support in Times of Need)
- When parents recognize their children's emotions and can help them express themselves and help them interact with the world around them. (Social and Emotional Competence of Children)

As you read *What Happened to You?*, take time to notice these five protective factors. Even in some of the moments where it appeared there was no strength, the five protective factors were at play in different ways. Note how small acts could have led to big differences if the protective factors had been built up and supported.

Parenting is not a journey you are to take alone. Each individual in a community has a role they can play either directly or indirectly. Join the ANPPC in celebrating and honoring each parent's strengths and lived experiences by learning more about the Strengthening Families Protective Factors Framework at ctfalliance.org/protective-factors.



SYNOPSIS

Introduction

Oprah: The introduction begins being transported into Oprah's life. We are introduced to hardships Oprah has in her early life. She explains how the traumatic experiences in her life defined different aspects of her life. She introduces Dr. Perry and explains how understanding the brain helps us process how what has happened to us in the past shapes who we are as individuals and why we behave the way we do.

Dr. Perry: Dr. Perry tells the story of sitting down with Oprah for an episode of "60 minutes" for a story about "trauma-informed care". He explains that although this was only a two minute segment, it sparked interest of many and it was clear there was more of the conversation to be had. He explains how the title of the book represents the importance of shifting language from "what's wrong with you?" to "what happened to you?"

Chapter 1: Making Sense of the World

Oprah: Readers get a deeper view of Oprah's early hardships including being rejected by her mother, the loss of her grandmother, as well as sexual and physical abuse. She expresses her childhood feelings of not being seen or heard and not feeling loved or wanted.

Dr. Perry: Being both a neuroscientist and child psychiatrist Dr. Perry explains that he thinks about the brain a lot. In chapter one Dr. Perry discusses that what happened to someone influences how their brain works. He uses his experience of being a psychiatrist and working with a Korean War Veteran who had classic Post-Traumatic Stress Disorder Symptoms (PTSD) who gets triggered after hearing a loud noise, reminding him of his time in the war. Dr. Perry teaches the Veteran that the brain is organized similarly to a top down triangle. He teaches readers that the systems at the top of the brain, the cortex, is the part of the brain that "tells time" and the brainstem controls functions such as temperature and heart rate. This explains why one can still feel triggered after trauma.

NOTES

As you read the Introduction and Chapter 1, jot down messages that resonate with you. Use the sample journal pages to record more detailed thoughts relating to the discussion questions. Additional journal pages are available to download at ctfalliance.org/partnering-with-parents/book-club

QUESTIONS FOR DISCUSSION

INTRODUCTION/ICEBREAKER QUESTIONS

1. As members of your community what tools, people, resources do you have that have/can help when times are hard?
2. As parents, what are some ways you ensure that your children don't question if they matter?

DIVING DEEPER QUESTIONS

1. On page 22, after discussing her own childhood struggles, Oprah says; "If we want to understand the oak, it's back to the acorn we must go." What do you think of when thinking about looking at the acorn?
2. Have you ever asked yourself, "Am I enough or am I worthy? In relation to your parenting? Describe yourself as your child sees you.
3. How are Oprah's childhood feelings of guilt, not feeling loved, and not wanting to be a burden similar to those of your own childhood feelings? Have those feelings stuck with you into adulthood?

REFLECTION QUESTIONS

1. What is your favorite way to bring comfort to your child?
2. How will you really connect with your child this week?
3. When life is crazy busy and chaotic how might you slow it down if even for a few moments this week?

BRINGING THE PROTECTIVE FACTORS TO LIFE

Make sense of your world and parenting by learning more about the protective factors. Check out the Alliance's National Parent Partnership Council's need2know tools at ctfalliance.org/partnering-with-parents/anppc/#resources

RESOURCES TO SUPPORT

WEB LINKS

100 Acts of Kindness for Kids. Download this free, printable PDF Download this free, printable PDF from *Coffee Cups and Crayons* at <https://ctfalliance.sharefile.com/share/view/s74f90a9cda2d48b186a85cbbd7612845>



MOVING TO ACTION

Encourage yourself and participants to write a note to remind you to take time to slow down for a few moments this week.

Your slow-down time could include coloring the coloring sheet for this chapter. Consider doing it with your children. It's available to download at ctfalliance.org/partnering-with-parents/book-club

"Maybe who we are isn't so much about what we do, but rather what we're capable of when we least expect it."

~ Jodi Picoult, Author

REFLECTION JOURNAL

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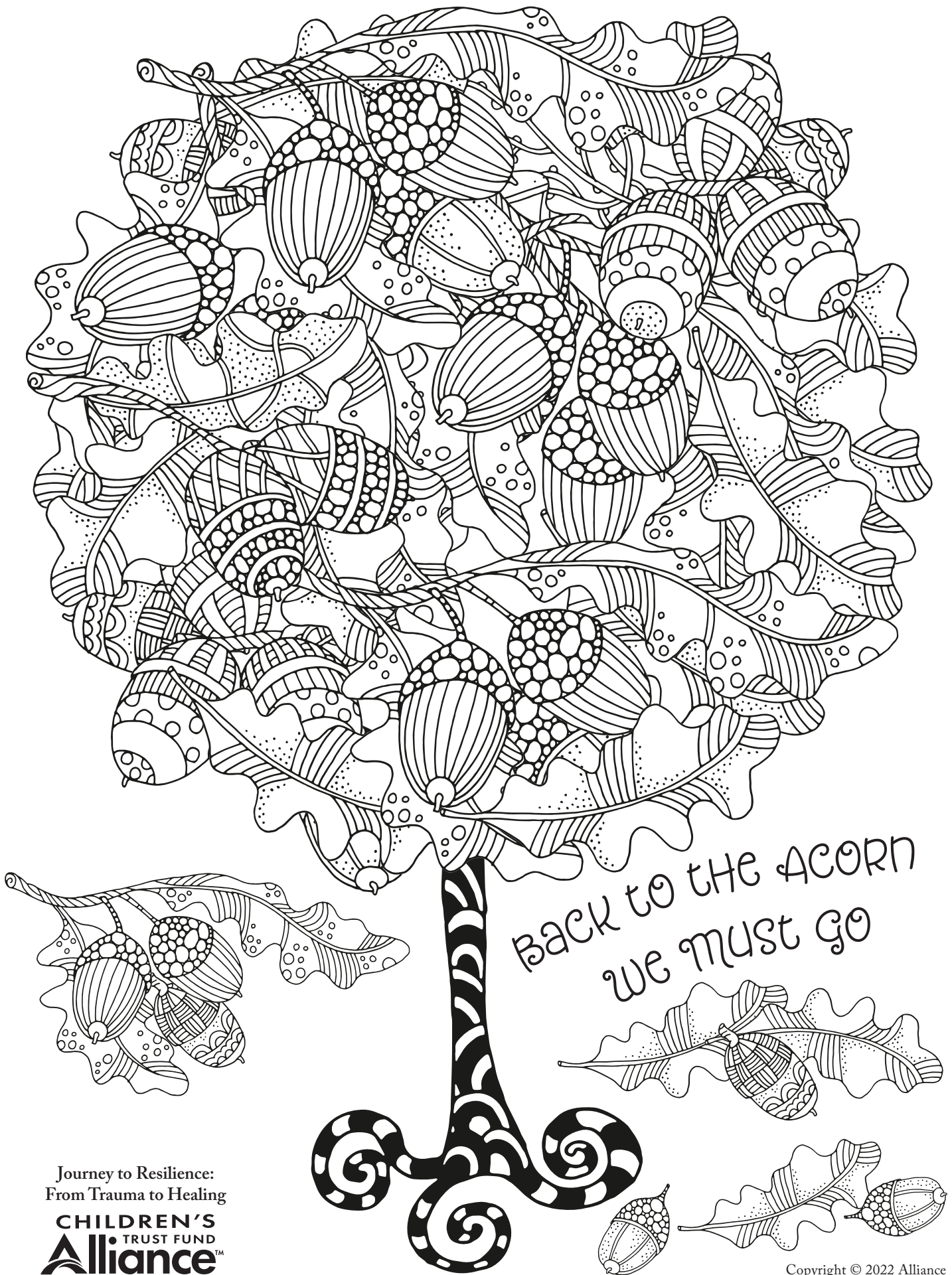
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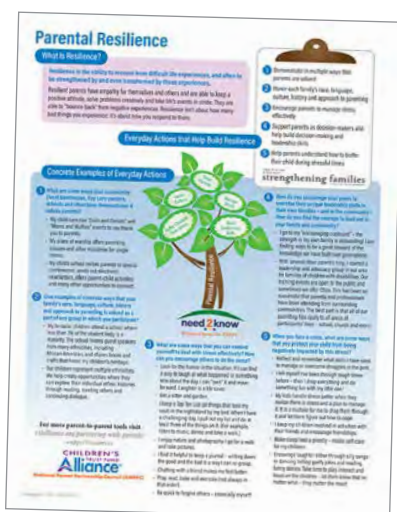
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SYNOPSIS

Chapter 2: Seeking Balance

Oprah: Oprah discusses how she has learned from Dr. Perry that constantly being on high alert is not good for both your physical or emotional health. She discusses how the traumatic events in her childhood caused her to become a people pleaser, which is an energy drainer. She explains that she had to learn to say no and that it is important to do things that regulate your heart and mind.

Dr. Perry: Dr. Perry discusses that rhythm is essential for a healthy body and mind. He discusses regulation and how there are many systems involved in ensuring we are well balanced. He explains that all life is rhythmic and how this begins with a child being in the womb with the mother's heart beating and continues even after the child is born with the baby being rocked when they are distressed. This as well as the child receiving basic needs such as being fed, and loved help form regulation.



RESOURCES TO SUPPORT

WEB LINKS

6 Tips to Create a Balanced Life by Mark Victor Hansen (Success, October 27, 2015): <https://www.success.com/6-tips-to-create-a-balanced-life>

6 Practical Ways to Reset Your Work-Life Balance by Dan Scalco (Entrepreneur, March 21, 2017): <https://www.entrepreneur.com/article/289236>

Community Café Guide for Hosts:
<https://ctfalliance.sharefile.com/share/view/sce59175fcca24a85861490af06c2521b>

BRINGING THE PROTECTIVE FACTORS TO LIFE

You can find balance by taking time to appreciate all the small and significant things you are doing as a parent. Check out what parents do to build their resilience, which is a protective factor, at <https://ctfalliance.sharefile.com/share/view/s233fd5e91c61490999eee70c6e46d96d>



Create a list of things that fill your reward bucket with energy and love as individuals and as a family.

QUESTIONS FOR DISCUSSION

INTRODUCTION/ICEBREAKER QUESTIONS

1. What does balance mean to you and in what ways do you attempt to live a regulated life?
2. On page 55, Oprah asks Dr. Perry what happens when a baby doesn't get positive nurturing responses. Dr Perry responds by saying "This is one of the central problems in our society; we have too many parents caring for children with inadequate supports." What kind of support would be beneficial to you and members of your community?
3. On page 47, Dr. Perry explains rhythm is essential to a healthy body and mind and that rhythm can be experienced in activities such as swimming, music, dance and walking. What is something rhythmic that you enjoy doing and when was the last time you did it?

DIVING DEEPER QUESTIONS

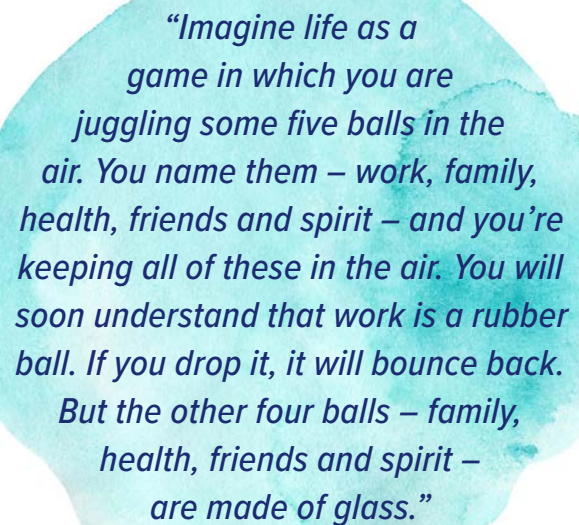
1. Are you a people pleaser? How does this affect you and your life? What steps are you/have you taken to change this?
2. How do you pick up on your child's sense of rhythm or how do you build it into your day?
3. What do you do as a family when your rhythm gets thrown off?

REFLECTION QUESTIONS

1. Where do you go or what do you do to find a sense of calm on your hard parenting days?
2. Who is your go to person when you just need a sense of balance and what makes them special or unique to you? How do they support you in your parenting?
3. What is your reward bucket and what do your kids have as their reward buckets? (See pages 62–63.)

NOTES

As you read Chapter 2, jot down what stood out to you. Use the sample journal pages to record more detailed thoughts relating to the discussion questions. Additional journal pages are available to download at ctfalliance.org/partnering-with-parents/book-club



"Imagine life as a game in which you are juggling some five balls in the air. You name them – work, family, health, friends and spirit – and you're keeping all of these in the air. You will soon understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls – family, health, friends and spirit – are made of glass."

~ Brian Dyson, Former CEO, Coca-Cola

REFLECTION JOURNAL

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ALL LIFE IS RHYTHMIC



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SYNOPSIS

Chapter 3: How We Were Loved

Oprah: Oprah talks about the importance of being loved and how the way a child is treated at the time they are born affects how the child will function later in life. She talks about the importance of meaningful relationships and the need for trauma-informed systems that move away from “what is wrong with you?” to “what happened to you?”

Dr. Perry: Dr. Perry introduces us to a family – Gloria, and her three-year-old daughter, Tilly, and Mama P, the child’s foster mother. He worked with this family during their involvement with child protective services. Gloria was removed from her own family and struggled throughout her life, leading her to drugs as a way to self-medicate her pain. This led to Tilly being sent to Mama P. Mama P helped both Gloria and Tilly by creating a safe space for Tilly as well as inviting Gloria to be present and involved in Tilly’s life as long as she wasn’t self-medicating. Eventually, Gloria reunified with Tilly and Mama P stayed a part of their family. Dr. Perry explains that the brain can change and adapt to our own world and this was the case in Gloria. She had never been loved, which made the neural networks in her brain to be underdeveloped. As in the story with her family is that this can change.

NOTES

As you read the Introduction and Chapter 3, jot down any memorable messages. Use the sample journal pages to record more detailed thoughts relating to the discussion questions. Additional journal pages are available to download at ctfalliance.org/partnering-with-parents/book-club

QUESTIONS FOR DISCUSSION

INTRODUCTION/ICEBREAKER QUESTIONS

1. What does love mean to you?
2. How do you like to show love to your child?

DIVING DEEPER QUESTIONS

1. What is your most memorable “Cheerios” moment? (See pages 81 and 82.)
2. Page 92 shares about how children act out or get labels and why we need a trauma-informed system. What have you seen/experienced in regards to staff being trauma informed?
3. As a parent, what trauma have you experienced? When you experienced that trauma did you feel like you were in a constant state of fear/unknown? What steps have you taken to heal?

REFLECTION QUESTIONS

1. How do you like to be loved?
2. What is one of your proudest parenting moments when you felt “present, attentive, attuned, and/or responsive?” (Page 81)
3. Who makes up your parenting flock and how might you connect soon? (Page 85)

RESOURCES TO SUPPORT

WEB LINKS

Learn your love language: <https://www.5lovelanguages.com/quizzes>

Have your kids take a test to learn their love language: <https://prcforlife.org/wp-content/uploads/2015/03/Love-Language-of-Children-Quiz.pdf>

Connecting with your child resource: https://cdn2.hubspot.net/hub/135704/file-429286351-pdf/The_Ultimate_Guide_for_Connecting_with_Your_Child_RJS.pdf

BRINGING THE PROTECTIVE FACTORS TO LIFE

Love is shared in our social connections and while we build our protective factors as families. Learn more about the protective factors with this free online training at <https://ctfalliance.org/protective-factors/#OnlineTraining>



“LOVE recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of HOPE.”

~ Maya Angelou, American Poet



MOVING TO ACTION

Schedule a time to meet with your “flock” and celebrate what you have accomplished. It can be anything from the laundry being washed, a developmental milestone met by one of your children or how you are doing your best to take it one day at a time.

REFLECTION JOURNAL

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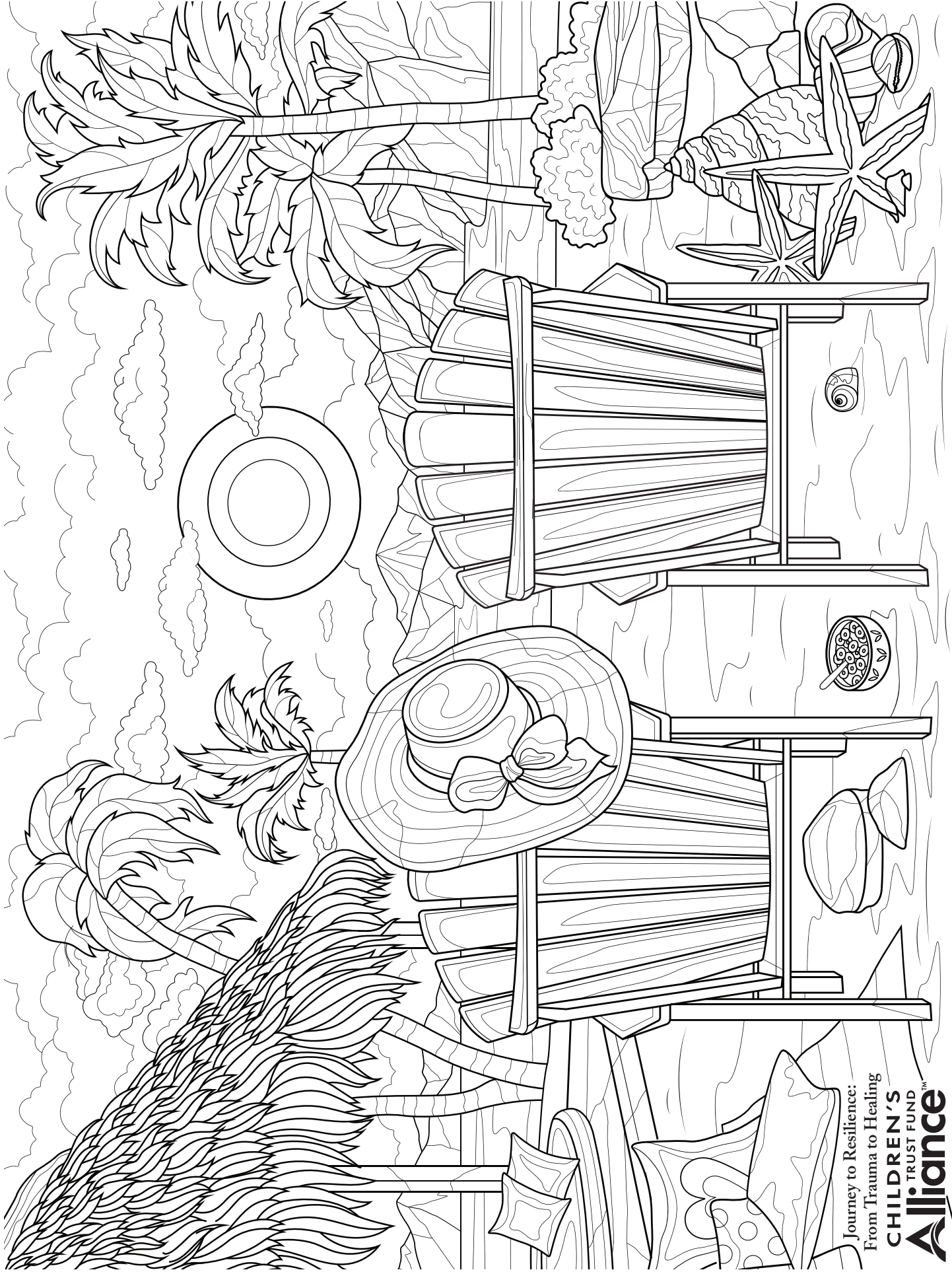
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SYNOPSIS

Chapter 4: The Spectrum of Trauma

IMPORTANT NOTE: This chapter discusses Adverse Childhood Experiences (ACEs) and it is important to know that your ACE score does not define you or the parent you are or could be.

Oprah: Oprah begins this chapter by explaining that this chapter is meant for readers to help understand clues that indicate if you may have experienced trauma. Oprah discusses the importance of prevention and parents receiving support.

Dr. Perry: Dr. Perry discusses trauma and how common it is for children and adults to have experienced a traumatic event. He explains trauma and what it means. He explains the Adverse Childhood Experience study (ACES), can put you at greater risk for health problems, but does not mean you will.

RESOURCES TO SUPPORT

WEB LINKS

Children's Trust Fund Alliance National Parent Partnership Council (ANPPC) resources:

Parental Resilience infographic: <https://ctfalliance.sharefile.com/share/view/s233fd5e91c61490999eee70c6e46d96d>

Parental Resilience meme: <https://ctfalliance.sharefile.com/share/view/s9141b57adac45f58>

Parenting Is Hard Work meme: <https://ctfalliance.sharefile.com/share/view/sce5fff4e21c48a19>

Other – WhyTry:

The Parent Guide to Resilience: <https://resiliencguide.org>

WhyTry Parent Guide » Self-Grace: <https://resiliencguide.org/pg-self-grace>

Cultivating the Growth of Resilience: <https://www.pacesconnection.com/g/becoming-a-trauma-informed-and-beyond/blog/cultivating-the-growth-of-resilience>



BRINGING THE PROTECTIVE FACTORS TO LIFE

In life's hardest moments sometimes we need to pause to find the small but significant steps we can take to help our children with trauma. Check out this resource from the Alliance National Parent Partnership Council (ANPPC) about helping your child with their social and emotional development: <https://ctfalliance.sharefile.com/share/view/se0607c6f0a23460fa583542da3a70583>

NOTES

As you read Chapter 4, jot down phrases and pages that you want to remember. Use the sample journal pages to record more detailed thoughts relating to the discussion questions. Additional journal pages are available to download at ctfalliance.com/partnering-with-parents/book-club

[illegible]

“Trauma creates change you don’t choose. Healing creates change you do choose.”

~ Michele Rosenthal,
Author, Trauma Recovery Specialist

QUESTIONS FOR DISCUSSION

INTRODUCTION/ICEBREAKER QUESTIONS

1. How can families integrate and normalize the importance of mental health for them and their children?
2. In your family in what ways do you promote asking for help?

DIVING DEEPER QUESTIONS

1. What worries does your ACE score bring up? What steps can/are you taking to prevent these same occurrences from happening in your child's lives?
2. How do you support your family in addressing and processing trauma or hurt as they happen?
3. How were you supported or not supported in your early parenting years? What impact do you think that has had on your child?

REFLECTION QUESTIONS

1. How do you release the “pressure” you feel while parenting?
2. What helps you to bond with someone?
3. What will help you to take that step back from being reactive to asking “what happened to you?”



MOVING TO ACTION

Take time this week with your family to start or continue a tradition of how you can all take a pause from the busyness of life. It could be you set a family game night, food night or take time to share your high, low and medium moments for the day.

REFLECTION JOURNAL

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REFLECTION JOURNAL

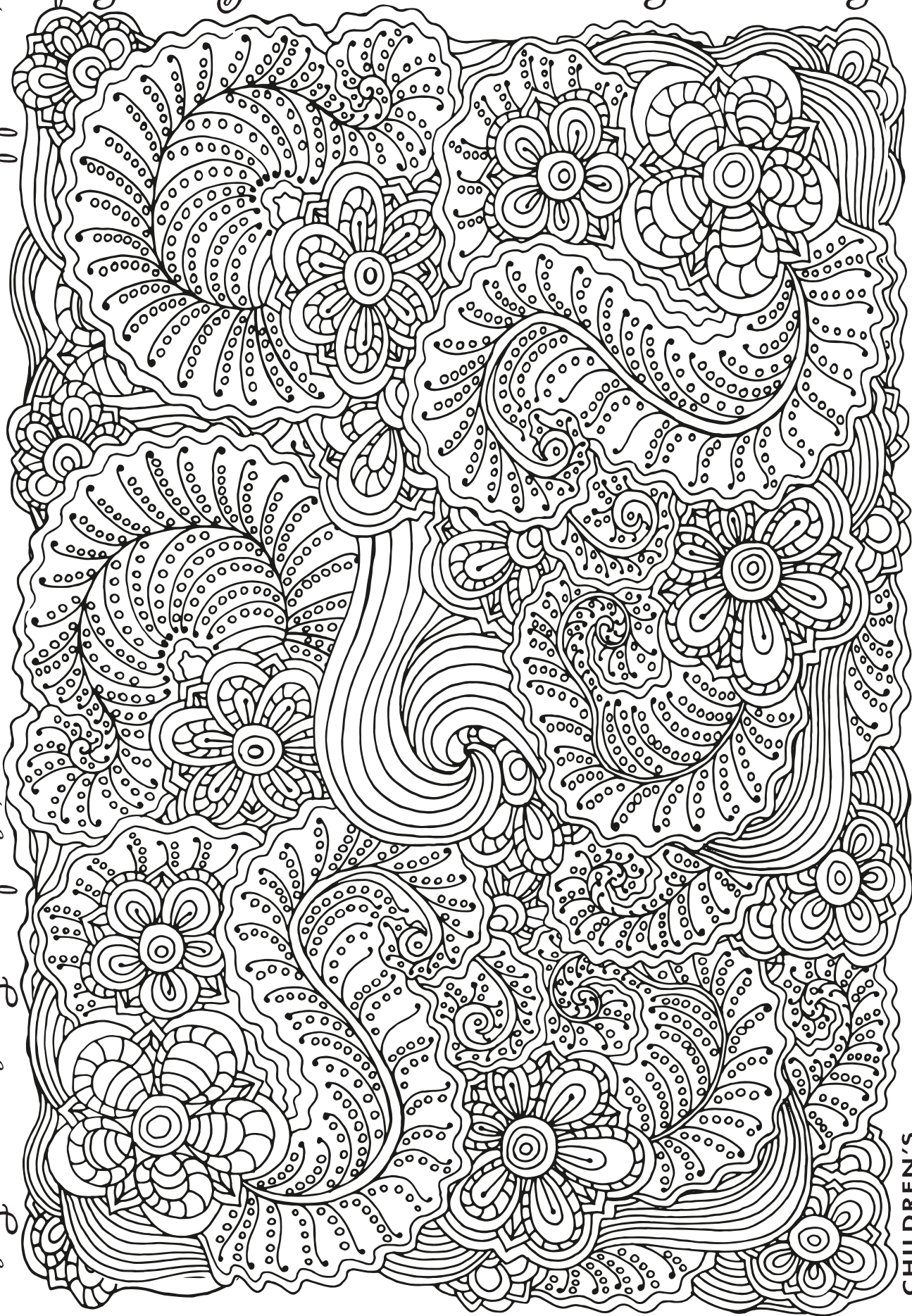
REFLECTION QUESTIONS

1. How do you release the “pressure” you feel while parenting?

2. What helps you to bond with someone?

3. What will help you to take that step back from being reactive to asking “what happened to you?”

As you revisit your past, know that no matter what happened,
simply being here, alive, makes you worthy.



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SYNOPSIS

Chapter 5: Connecting the Dots

Oprah: Oprah tells the story of being young and sleeping with her grandmother. One night her grandfather who had dementia got into her grandmother's bedroom and attempted to choke her grandmother. She explains how after that incident her grandmother hung cans from the door so they would be alerted if it happened again. Oprah explains how this incident stuck with her into adulthood where she was afraid to go to sleep. She asks Dr. Perry if it is possible for fear to be inherited.

Dr. Perry: Dr. Perry explains that Oprah's question gets to the point of "what happened to us." He informs readers that we do absorb things from previous generations that are passed onto the next generation and this all is central to understanding trauma.

NOTES

As you read the Introduction and Chapter 5, use the space below to reference your favorite passages. Use the sample journal pages to record more detailed thoughts relating to the discussion questions. Additional journal pages are available to download at ctfalliance.org/partnering-with-parents/book-club



"Connection: The energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship."

~ Brené Brown, Researcher, Storyteller

QUESTIONS FOR DISCUSSION

INTRODUCTION/ICEBREAKER QUESTIONS

1. On page 140, Dr. Perry explains that 20 years ago trauma was not considered to be a factor in someone's health. What do you think can/should be done to further the discussion on trauma as a factor in one's health and advocate on behalf of mental-health?
2. How much do you know about your family's history and how does that shape who you are today?

DIVING DEEPER QUESTIONS

1. What fears do you have as a parent?
2. What fears do you have that you believe to be generational?
3. Have you had the opportunity to explore "what happened?" How did you do this? What resources did you use/have?

REFLECTION QUESTIONS

1. What is your dream for your child in regards to how they navigate the challenges of life?
2. How will you check where your responses/reactions are coming from?
3. What is your "dot"/word that you are going to hold onto for this week?



MOVING TO ACTION

Write your "dot"/word on a post-it or piece of paper and place it where you can see it all the time. If you are part of a group, mail the "dot"/word to each person.

RESOURCES TO SUPPORT

WEB LINKS

Children's Trust Fund Alliance **Call to Action: Prevent Child Neglect** – <https://ctfalliance.sharefile.com/share/view/b25ed9ef6b124c41>

BRINGING THE PROTECTIVE FACTORS TO LIFE

It's helpful when you can recognize as a parent what you are doing to help your child grow and thrive. Use this clipboard checklist to think about how you are doing big things each day by building protective factors that lead to your child's growth and development. <https://ctfalliance.sharefile.com/share/view/s01aea82cc8404c8c85102ed3833e00be>

Defining the Five Protective Factors
Families are supported to build:

- Parental Resilience**
The ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.
- Social Connections**
The ability and opportunity to develop positive relationships that lessen stress and isolation and help to build a supportive network.
- Knowledge of Parenting and Child Development**
The ability to exercise effective parenting strategies to guide and know what to expect as children develop in multiple domains (physical, cognitive, language and social and emotional).
- Concrete Support in Times of Need**
Access to supports and services that reduce stress and help to make families stronger.
- Social and Emotional Competence of Children**
Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

CONTRIBUTOR TO THE DESIGN OF THIS TOOLKIT
strengthening families

CHILDREN'S TRUST FUND
Alliance
A NATIONAL TRUST FUND

ctfalliance.org/protective-factors

REFLECTION JOURNAL

INTRODUCTION/ICEBREAKER QUESTIONS

1. On page 140, Dr. Perry explains that 20 years ago trauma was not considered to be a factor in someone's health. What do you think can/should be done to further the discussion on trauma as a factor in one's health and advocate on behalf of mental-health?

2. How much do you know about your family's history and how does that shape who you are today?

REFLECTION JOURNAL

DIVING DEEPER QUESTIONS

1. What fears do you have as a parent?

2. What fears do you have that you believe to be generational?

3. Have you had the opportunity to explore “what happened?” How did you do this? What resources did you use/have?

REFLECTION JOURNAL

REFLECTION QUESTIONS

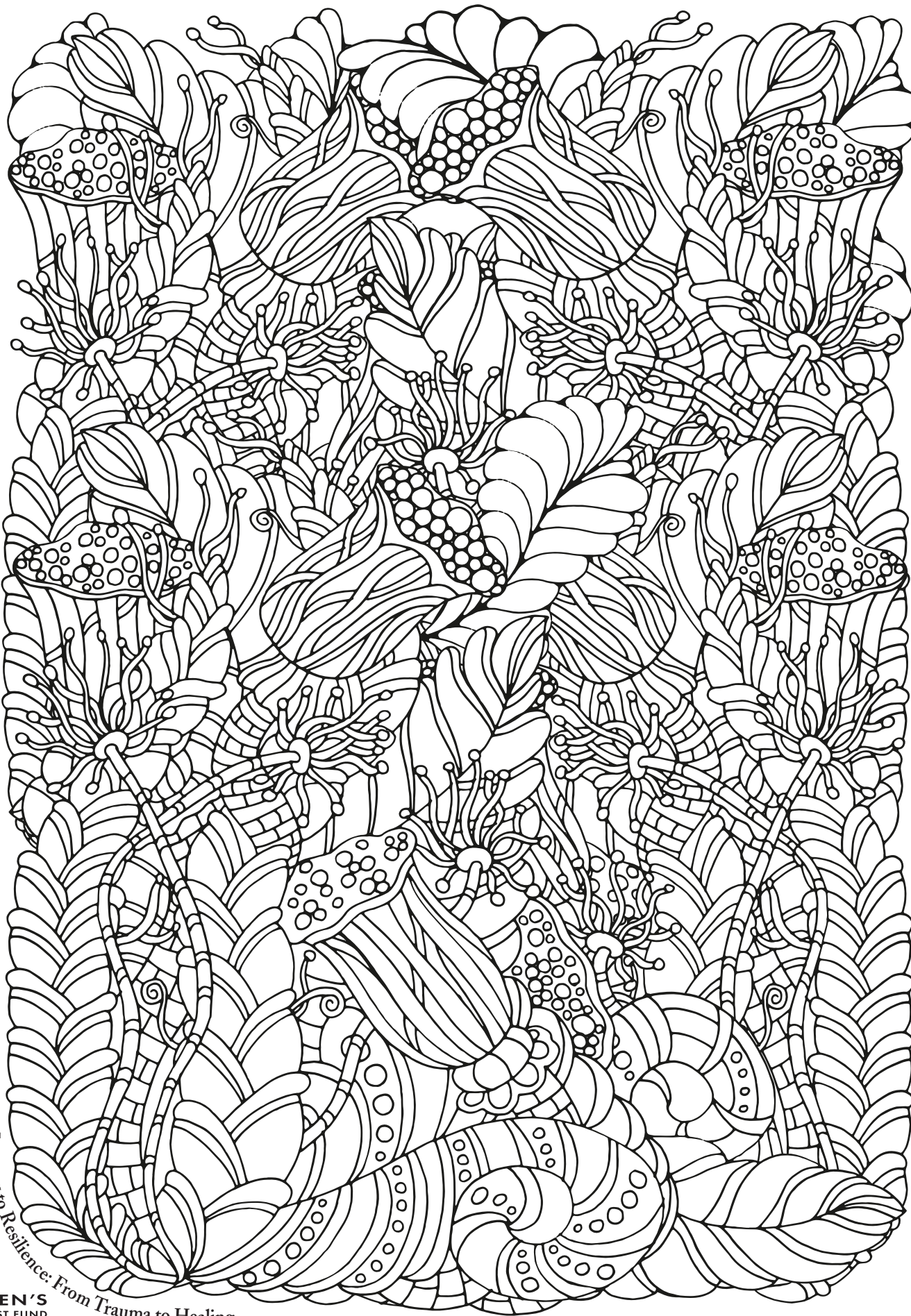
1. What is your dream for your child in regards to how they navigate the challenges of life?

2. How will you check where your responses/reactions are coming from?

3. What is your “dot”/word that you are going to hold onto for this week?

WATER-RESISTANT BOTANICAL

Journey to Resilience: From Trauma to Healing



SYNOPSIS

Chapter 6: From Coping to Healing

Oprah: Oprah discusses dissociation as a coping mechanism and why this happens. She also talks about being a people pleaser and how this has affected her life.

Dr. Perry: Dr. Perry tells us the story of two boys living at a residential treatment center that were there for “being out of control” while in foster homes and residential schools.

Thomas had experienced abuse and was removed from his home at age six. The second boy, James, was being raised with his grandmother. James would steal meaningless items from others and threaten to stab his other classmates. When James was eight his grandmother abandoned him and gave him up to foster care.

Dr. Perry explains that a key aspect of *What Happened to You?* is **what didn’t happen to you**.

NOTES

As you read the Introduction and Chapter 6, use the space below to jot down new ideas and meaningful messages. Use the sample journal pages to record more detailed thoughts relating to the discussion questions. Additional journal pages are available to download at ctfalliance.org/partnering-with-parents/book-club



QUESTIONS FOR DISCUSSION

INTRODUCTION/ICEBREAKER QUESTIONS

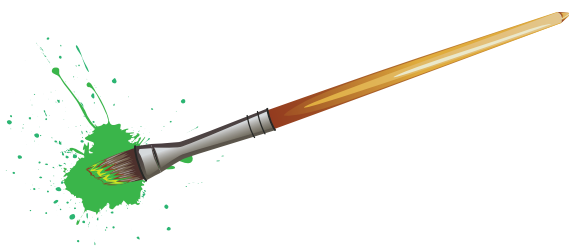
1. What does belonging mean to you and how do you help your child feel that?
2. What does belonging mean to you and how do you help your child feel that?
3. When/where do you do your best reflective thinking?

DIVING DEEPER QUESTIONS

1. How has your mind and body protected you in a time when you were in a dissociative state? (When there was “inescapable, unavoidable distress and pain”). (Page 169)
2. How do you cope with dysregulation? How does your child cope? What helps you regulate/coregulate with your kids?
3. How does trauma or hurt impact you personally in regards to your health, mind, and reactions and responses as a parent?

REFLECTION QUESTIONS

1. How might you stop and reflect during your everyday parenting moments?
2. What intention or purpose do you want to focus on with your child this week?
3. How do you teach people how to treat you? (Page 180)



MOVING TO ACTION

Talk to your child this week about how words have power and impact. Pick words you all want to show others and make up weeks where you intentionally try to build those intentions into actions.

BRINGING THE PROTECTIVE FACTORS TO LIFE

Coping and healing take time and as a parent it's important to have others support. Join the Birth Parent National Network to build your connections and learn how you can share about your life experiences to help make a change for families. <https://ctfalliance.org/partnering-with-parents/bpnn>



RESOURCES TO SUPPORT

WEB LINKS

Alliance National Parent Partnership Council (ANPPC) **Social Emotional Competence of Children infographic:** <https://ctfalliance.sharefile.com/share/view/se0607c6f0a23460fa583542da3a70583>

Alliance National Parent Partnership Council (ANPPC) **Concrete Support infographic:** <https://ctfalliance.sharefile.com/share/view/s6892b705480348c2924b4da945993efb>

Alliance National Parent Partnership Council (ANPPC) **Concrete Support examples:** <https://ctfalliance.sharefile.com/share/view/s252d9ae0fdc94a50953132ea0a2e13>

REFLECTION JOURNAL

INTRODUCTION/ICEBREAKER QUESTIONS

1. What does belonging mean to you and how do you help your child feel that?

2. What does belonging mean to you and how do you help your child feel that?

3. When/where do you do your best reflective thinking?

REFLECTION JOURNAL

DIVING DEEPER QUESTIONS

1. How has your mind and body protected you in a time when you were in a dissociative state? (When there was “inescapable, unavoidable distress and pain”.) (Page 169)

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REFLECTION JOURNAL

REFLECTION QUESTIONS

1. How might you stop and reflect during your everyday parenting moments?

2. What intention or purpose do you want to focus on with your child this week?

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Journey to Resilience:
From Trauma to Healing

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SYNOPSIS

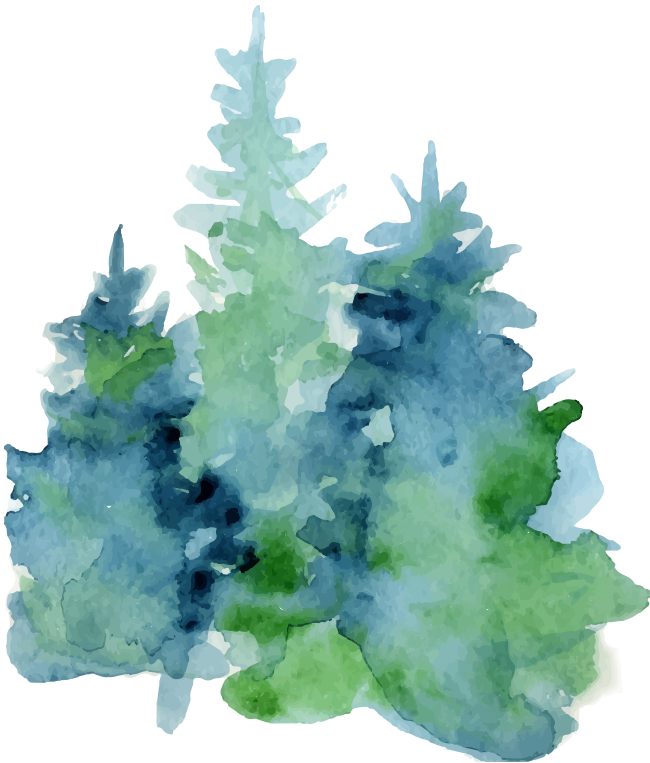
Chapter 7: Post Traumatic Wisdom

Dr. Perry: Dr. Perry discusses how he has often heard how children are resilient as a way to say that children will “get over” what has happened to them. He explains why people do this as well as what happens when trauma impacts a group of people.

Oprah: Oprah talks about growing up in Mississippi and how the church was a big part of her life. She shares that a key to healing is finding your “church-home’ your people, your community” can help in healing and that connections can help create hope.

NOTES

As you read the Introduction and Chapter 7, use the space below to jot down memorable ideas and page numbers. Use the sample journal pages to record more detailed thoughts relating to the discussion questions. Additional journal pages are available to download at ctfalliance/partnering-with-parents/book-club



*"I can be changed by what happens to me.
But I refuse to be reduced by it."*

~ Maya Angelou, American Poet

This image shows a single sheet of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

QUESTIONS FOR DISCUSSION

INTRODUCTION/ICEBREAKER QUESTIONS

1. Who is your community? Who has helped you in your healing process and helped you become resilient as a parent?
2. On page 206, Oprah says, “You’re not meant to raise children isolated and alone.” Do you agree with this? How do you share the role of raising healthy and resilient children with others?
3. Do you allow time for your children to talk when they are ready after something difficult happens? What are the challenges in this as a parent? How do you know when they are ready? How do you practice reflective listening?

DIVING DEEPER QUESTIONS

1. What life challenges have helped you build resilience and empathy?
2. What steps are you taking/ hope to take to develop post-traumatic wisdom for you and your child when and if you feel isolated and alone?
3. Dr. Perry shares on pg. 203, “A healthy community is a healing community, and a healing community is full of hope because it has seen its own people weather—survive and thrive.” What does this mean to you and do you agree or disagree?

REFLECTION QUESTIONS

1. What are some intentional ways you challenge yourself and your child? What are some positive challenges you can create?
2. How are you going to move from what happened to you to what are you going to do now knowing that information?
3. How could you give your child support and opportunities to build their resilience and empathy? What does that look like in action?

BRINGING THE PROTECTIVE FACTORS TO LIFE

Sharing about your life experience when you are ready can offer a lot of wisdom to other parents and families and build your social connections. Check out how some of the Birth Parent National Network (BPNN) members have created documents about “What Parents Say...” about a variety of topics. <https://ctfalliance.org/partnering-with-parents/bpnn>

RESOURCES TO SUPPORT

WEB LINKS

Children’s Trust Fund Alliance **protective factor definitions:** <https://ctfalliance.sharefile.com/share/view/s01aea82cc8404c8c85102ed3833e00be>

Alliance National Parent Partnership Council (ANPPC) **Parental Resilience infographic:** <https://ctfalliance.sharefile.com/share/view/s6c80a60795e14629a4757df1049275c1>

Alliance National Parent Partnership Council (ANPPC) **Resiliency campaign:** <https://ctfalliance.org/partnering-with-parents/anppc/resiliency-campaign>

Explore and learn more about the five Protective factors with this **free online training:** <https://ctfalliance.org/protective-factors/#OnlineTraining>



MOVING TO ACTION

Use reflective listening with your child this week by restating what you hear him or her saying while he or she is doing a rhythmic activity like walking with you, coloring or playing a game of some kind. (See. page 197.)

REFLECTION JOURNAL

INTRODUCTION/ICEBREAKER QUESTIONS

1. Who is your community? Who has helped you in your healing process and helped you become resilient as a parent?

2. On page 206, Oprah says, "You're not meant to raise children isolated and alone." Do you agree with this? How do you share the role of raising healthy and resilient children with others?

3. Do you allow time for your children to talk when they are ready after something difficult happens? What are the challenges in this as a parent? How do you know when they are ready? How do you practice reflective listening?

REFLECTION JOURNAL

DIVING DEEPER QUESTIONS

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3. Dr. Perry shares on pg. 203, "A healthy community is a healing community, and a healing community is full of hope because it has seen its own people weather—survive and thrive." What does this mean to you and do you agree or disagree?

REFLECTION JOURNAL

REFLECTION QUESTIONS

1. What are some intentional ways you challenge yourself and your child? What are some positive challenges you can create?

2. How are you going to move from what happened to you to what are you going to do now knowing that information?

3. How could you give your child support and opportunities to build their resilience and empathy? What does that look like in action?

HOPE

Post-Traumatic
Wisdom

A HEALTHY COMMUNITY IS A HEALING COMMUNITY AND A HEALING COMMUNITY IS FULL OF HOPE...



...BECAUSE IT HAS SEEN ITS OWN PEOPLE WEATHER - SURVIVE AND THRIVE.

Resilience

Social Connections

Journey to Resilience:
From Trauma to Healing

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SYNOPSIS

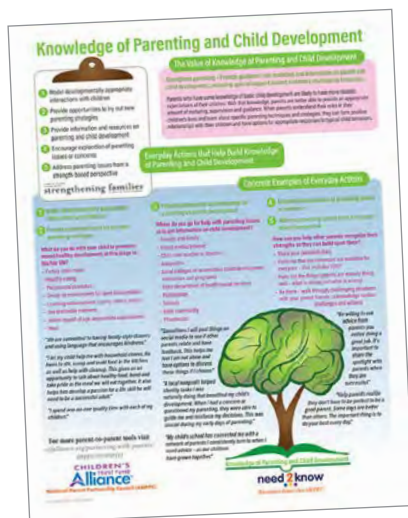
Chapter 8: Our Brains, Our Biases, Our Systems

Oprah: Oprah tells readers a story of a time when no one asked “What happened to you?” and the impact it had on an individual. She talks about how she has realized that so many charities and organizations that attempting to fix social problems are only scratching the surface.

Dr. Perry: Dr. Perry discusses trauma-informed care and why the term might not be helpful. He believes language is getting in the way of progress because systems and organizations as well as individuals develop their own “worldview.” He explains how most of these perspectives have not included an understanding of development, stress or trauma or any other interrelated issues. Additionally, he explains why defining the term trauma has been challenging.

BRINGING THE PROTECTIVE FACTORS TO LIFE

Did you realize you are still learning, growing and changing while you parent? Think about all the direct and indirect ways you teach your child every day. Knowledge of parenting and child development never stops growing. Check out these ways you can notice your growth: <https://ctfalliance.sharefile.com/share/view/sa318075907b3437d817e049dad4a6cce>



RESOURCES TO SUPPORT

WEB LINKS

Children's Trust Fund Alliance **Preventing Neglect Infographic: Its More than a Family Matter** – <https://ctfalliance.sharefile.com/share/view/4e765c3b5019414d>

Children's Trust Fund Alliance **Let's Talk About... Preventing Child Neglect (Discussion Toolkit 3, Everyone's Responsibility)** – <https://ctfalliance.sharefile.com/share/view/sa4a02a3ee9044cab>

Children's Trust Fund Alliance **What Parents Say... About Advancing Equity and Support** – <https://ctfalliance.sharefile.com/share/view/se764327277334ec9853362f11d196067>



“Healing yourself is connected with healing others.”

~ Yoko Ono, Japanese Multimedia Artist, Singer, Songwriter and Peace Activist

QUESTIONS FOR DISCUSSION

INTRODUCTION/ICEBREAKER QUESTIONS

1. What is your definition of “trauma-informed”?
2. In what ways do you see systems being impacted by trauma? What work do you think needs to be done to change systems to further address the impact of trauma? What role do you play in advocating for and creating these changes?
3. What hope do you have for the work of trauma?

DIVING DEEPER QUESTIONS

1. Have you or your child ever been in a setting (such as a medical appointment, school, etc.) in which trauma was not considered a factor, even though it should have been? How did this make you feel? What could have changed to prevent this?
2. As humans we have natural judgements and biases that we make based on our experiences. How do you address some of these as a parent?
3. Why do you think we live in communities that are sometimes divided? How do you talk about that with your child?
4. How do you help make it okay to help your child talk to you related to race, bias or other challenging topics?

REFLECTION QUESTIONS

1. How do you teach your child about self-awareness?
2. How might you and your child show compassion this week?
3. What makes your community unique and how might you explore that more with your child this week?

NOTES

As you read Chapter 8, jot down phrases and pages that you want to remember. Use the sample journal pages to record more detailed thoughts relating to the discussion questions. Additional journal pages are available to download at ctfalliance.org/partnering-with-parents/book-club



MOVING TO ACTION

Make a compassionate acts jar. Encourage everyone to note compassionate acts they do or see in the community and place a note or picture with the date in the jar. At the end of a month or pre-set time take them out and share reflections on what you noticed and how everyone is feeling.

REFLECTION JOURNAL

INTRODUCTION/ICEBREAKER QUESTIONS

1. What is your definition of “trauma-informed”?

2. In what ways do you see systems being impacted by trauma? What work do you think needs to be done to change systems to further address the impact of trauma? What role do you play in advocating for and creating these changes?

3. What hope do you have for the work of trauma?

REFLECTION JOURNAL

DIVING DEEPER QUESTIONS

1. Have you or your child ever been in a setting (such as a medical appointment, school, etc.) in which trauma was not considered a factor, even though it should have been? How did this make you feel? What could have changed to prevent this?

2. As humans we have natural judgements and biases that we make based on our experiences. How do you address some of these as a parent?

3. Why do you think we live in communities that are sometimes divided? How do you talk about that with your child?

4. How do you help make it okay to help your child talk to you related to race, bias or other challenging topics?

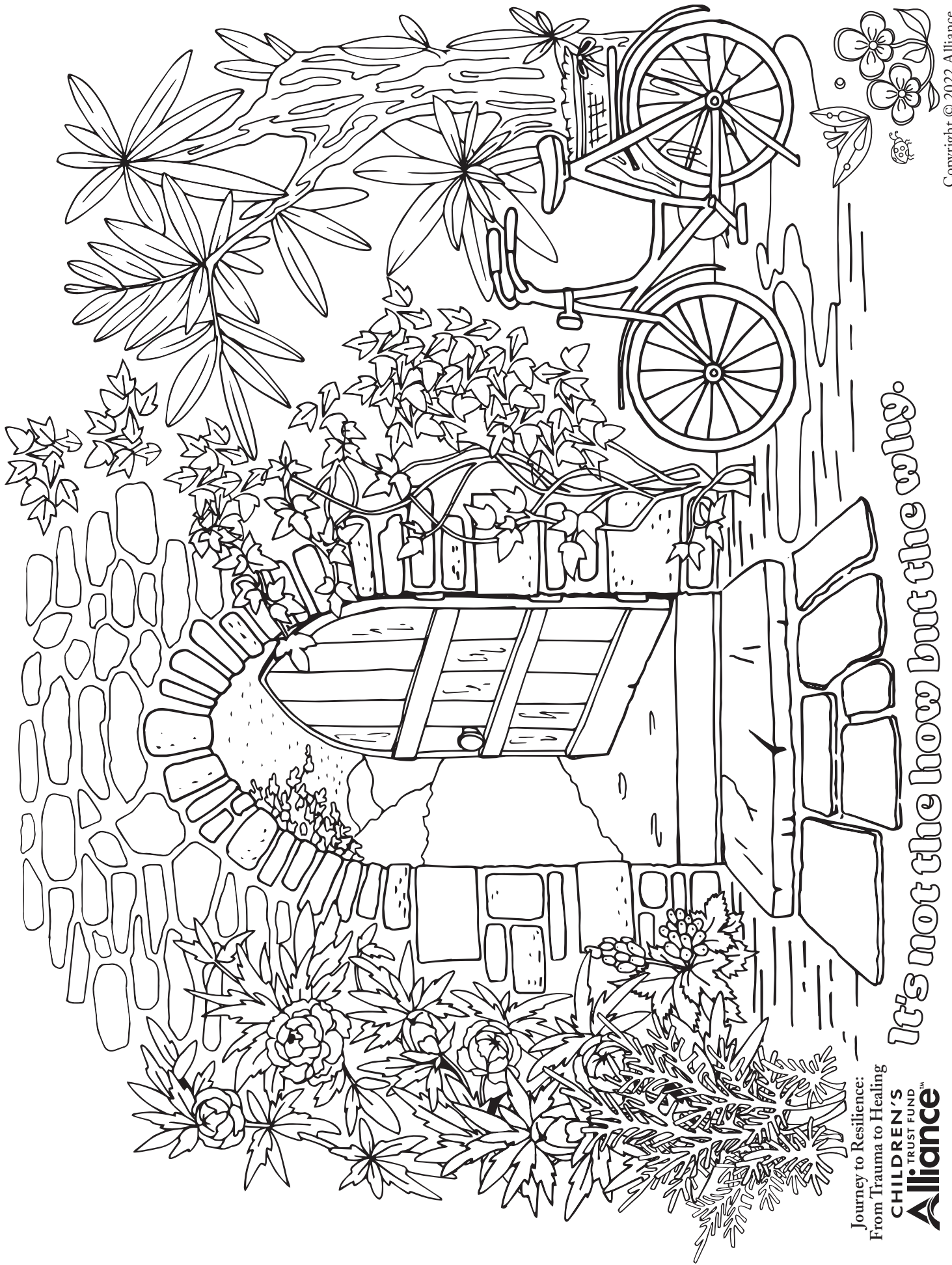
REFLECTION JOURNAL

REFLECTION QUESTIONS

1. How do you teach your child about self-awareness?

2. How might you and your child show compassion this week?

3. What makes your community unique and how might you explore that more with your child this week?



Journey to Resilience:
From Trauma to Healing

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It's not the how but the why.

SYNOPSIS

Chapter 9: Relational Hunger in the Modern World

Dr. Perry: Dr. Perry discusses his experience traveling to New Zealand and meeting members of the Māori community. He wanted to meet with Māori healers to better understand the healing practices of Indigenous peoples. Dr. Perry was taught by being immersed in the community. Being used to Western medicine, he asks the elders how they handled depression, trauma, sleep and drug problems. On page 249, he says, “They kept trying to help me understand that these problems were all basically the ‘same thing’. These problems were all interconnected. In Western psychiatry we like to separate them, but that misses the true essence of the problem. We are chasing symptoms, not healing people.”

Oprah: Oprah talks about true growth coming from difficult moments and difficult conversations. She explains that these moments should be approached with an awareness of “what happened to you?” She discusses disconnection and that all pain is the same. People just have different ways of expressing it.

NOTES

As you read Chapter 9, make a few notes about memorable passages. Use the sample journal pages to record more detailed thoughts relating to the discussion questions. Additional journal pages are available to download at ctfalliance/partnering-with-parents/book-club

“Trying to implement trauma-specific clinical practices without first implementing trauma-informed organizational culture changes is like throwing seeds on dry land.”

~ Dr. Sandra Bloom,
Creator of the Sanctuary Model

“Trying to implement trauma-specific clinical practices without first implementing trauma-informed organizational culture changes is like throwing seeds on dry land.”

~ Dr. Sandra Bloom,
Creator of the Sanctuary Model

QUESTIONS FOR DISCUSSION

INTRODUCTION/ICEBREAKER QUESTIONS

1. On pages 255 and 256, Dr. Perry discusses resilience building. In what ways do you build resilience amongst your family and community?
2. What makes strong relationships? How do you use these in your parenting?
3. How do you and your children benefit from your community? What organizations/groups are your family involved in that provide your children beneficial services/support? (How are you connected? See pages 261–262, and share your research.)

DIVING DEEPER QUESTIONS

1. When your child is struggling emotionally what do you see happen to his or her health? How do you build long-term health and wellness for them?
2. How does looking at and knowing the answers to these two questions impact what you do as a parent?:
 - How do your child spend their day/time?
 - Who are their friends and where do they feel safe? (Page 250)
3. As a parent you may have times where you experience a lot of stress and are lacking your positive social relationships. How do these times impact your responses as a parent and what do you do to try and get back to those relationships?

REFLECTION QUESTIONS

1. Who do you miss talking with the most and why?
2. What are your “techno-hygiene” plans? (Pages 268–269)
3. What is your favorite thing about watching your child play with a friend?

BRINGING THE PROTECTIVE FACTORS TO LIFE

Games can be a powerful resource to help you connect, recharge, or even just relax. Check out this great resource to build with your social connections all about a variety of games. <https://ctfalliance.sharefile.com/share/view/sc5e4e6f14d424e38b0b5b92949b2ed6d>

RESOURCES TO SUPPORT

WEB LINKS

Children’s Trust Fund Alliance National Parent Partnership Council (ANPPC) **Social Emotional Competence Conversation Guide:** <https://ctfalliance.sharefile.com/share/getinfo/s208c4a00f6149099>

Children’s Trust Fund Alliance National Parent Partnership Council (ANPPC) **Social Connections Meme:** <https://ctfalliance.sharefile.com/share/view/sb99b53d6881448a68ec26b8564d37b17>

Children’s Trust Fund Alliance National Parent Partnership Council (ANPPC) **Conversations for a Better Normal:** <https://ctfalliance.sharefile.com/share/view/sa5f0e03ee14a4ed>



MOVING TO ACTION

Schedule a play date for you and your child to hang out and enjoy some laughter, sharing and connection time for this week.

REFLECTION JOURNAL

INTRODUCTION/ICEBREAKER QUESTIONS

1. On pages 255 and 256, Dr. Perry discusses resilience building. In what ways do you build resilience amongst your family and community?

2. What makes strong relationships? How do you use these in your parenting?

3. How do you and your children benefit from your community? What organizations/groups are your family involved in that provide your children beneficial services/support? (How are you connected? See pages 261–262, and share your research.)

REFLECTION JOURNAL

DIVING DEEPER QUESTIONS

1. When your child is struggling emotionally what do you see happen to his or her health?

How do you build long-term health and wellness for them?

2. How does looking at and knowing the answers to these two questions impact what you do as a parent?: 1) How do your child spend their day/time? and 2) Who are their friends and where do they feel safe? (Page 250)

3. As a parent you may have times where you experience a lot of stress and are lacking your positive social relationships. How do these times impact your responses as a parent and what do you do to try and get back to those relationships?

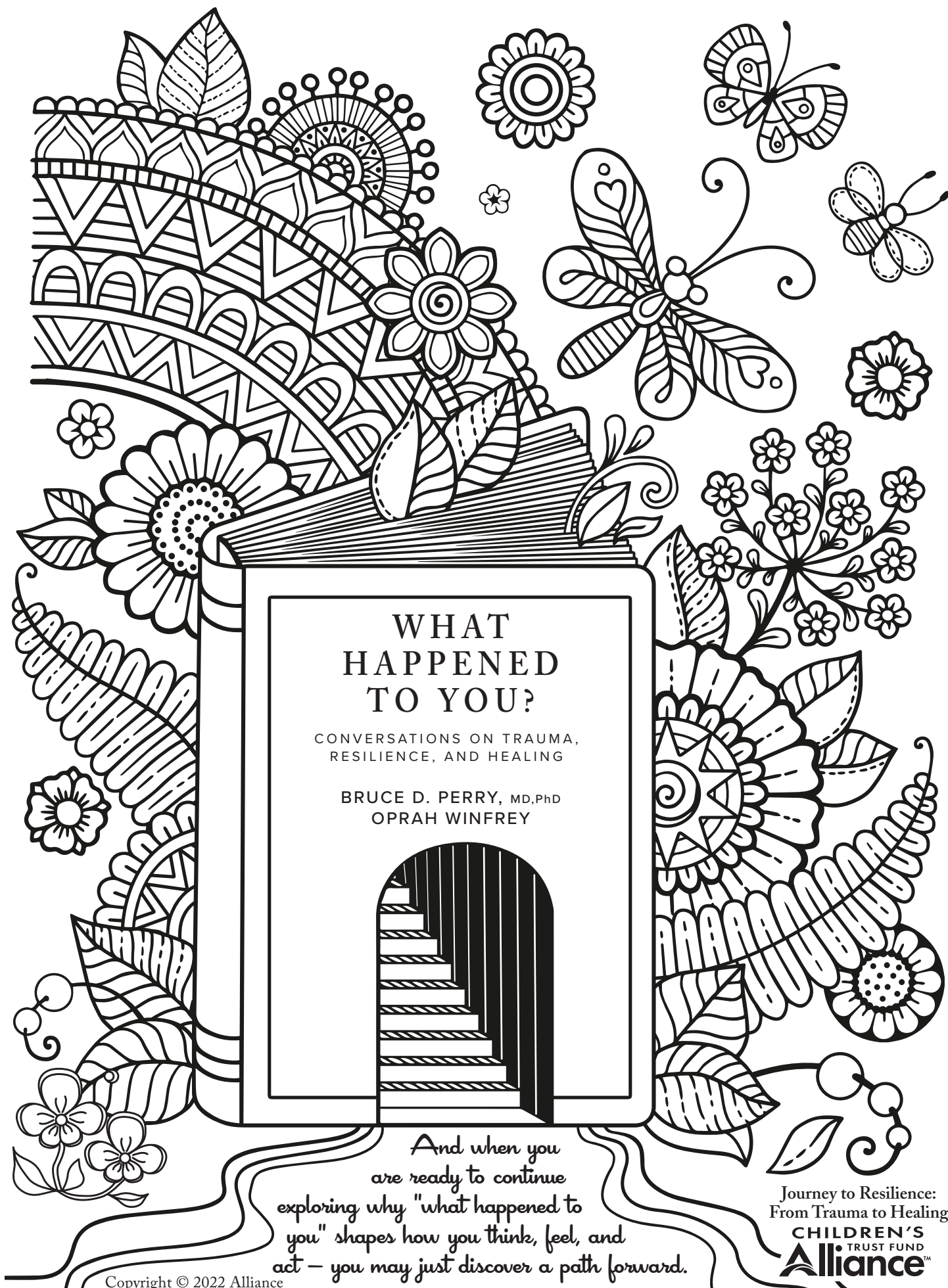
REFLECTION JOURNAL

REFLECTION QUESTIONS

1. Who do you miss talking with the most and why?

2. What are your “techno-hygiene” plans? (Pages 268–269)

3. What is your favorite thing about watching your child play with a friend?



WHAT HAPPENED TO YOU?

CONVERSATIONS ON TRAUMA,
RESILIENCE, AND HEALING

BRUCE D. PERRY, MD, PhD
OPRAH WINFREY

*And when you
are ready to continue
exploring why "what happened to
you" shapes how you think, feel, and
act — you may just discover a path forward.*

Journey to Resilience:
From Trauma to Healing
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SYNOPSIS

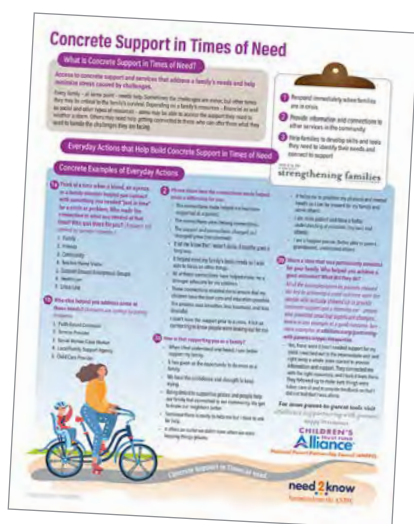
Chapter 10: What We Need Now

Oprah: Oprah talks about a mother's love and how she had to learn what that meant by seeing it through others and not in her own life. She discusses when her grandmother became sick and moving in with her mother and having to sleep on a porch. This caused her to feel unsafe and alone. She recounts how those feelings became a cycle and how the struggles she went through allowed her to care about pain in others.

Dr. Perry: Dr. Perry explains that it is possible and it is never too late to heal. He discusses the importance of self-care and adversity. He talks about living through adversity and trauma, in a way, are gifts, and how people choose to use these gifts is different for everyone.

NOTES

As you read Chapter 10, make notes about anything that you want to remember. Use the sample journal pages to record more detailed thoughts relating to the discussion questions. Additional journal pages are available to download at ctfalliance.com/partnering-with-parents/book-club



BRINGING THE PROTECTIVE FACTORS TO LIFE

Every parent needs help at one time or another and sometimes repeatedly. Check out these ways to build in concrete support for your community.

<https://ctfalliance.sharefile.com/share/view/s6892b705480348c2924b4da945993efb>

QUESTIONS FOR DISCUSSION

INTRODUCTION/ICEBREAKER QUESTIONS

1. How do you give back to yourself?
2. What do you feel our community needs the most right now?
3. What is the hope you hold on to for your child?

DIVING DEEPER QUESTIONS

1. Who are some people in your life that have allowed you to “make it”? How has that impacted you as a parent?
2. How have you re-written the script? What lessons do you hope your children are learning from you?
3. What do you want included in your life “script”?

REFLECTION QUESTIONS

1. What is a simple action, such as tucking your child(ren) in or slicing fruit that you do that shows mother/father love?
2. What do you want to do with your child this week and why would you choose to do that?
3. What is one step you can take this week to move forward?



“Each of us must come to care about everyone else’s children. We must recognize that the welfare of our children and our grandchildren is intimately linked to the welfare of all other people’s children. After all, when one of our children needs lifesaving surgery, someone else’s child will perform it. If one of our children is threatened or harmed by violence, someone else’s child will be responsible for the violent act. The good life for our own children can be secured only if a good life is also secured for all other people’s children.”

~ Lilian Katz, Professor Emerita of Early Childhood Education at the University of Illinois at Urbana-Champaign, Principal Investigator for the Illinois Early Learning Project

RESOURCES TO SUPPORT

WEB LINKS

Children’s Trust Fund Alliance National Parent Partnership Council (ANPPC) **Creating Effective Parent Partnerships:** <https://ctfalliance.sharefile.com/share/view/sfface25a1071440ab6b6b41abb1d7478>

Children’s Trust Fund Alliance National Parent Partnership Council (ANPPC) **Parent Acrostic:** <https://ctfalliance.sharefile.com/share/view/sf54e77a8406449b6849ec091ef52b873>



MOVING TO ACTION

Take time to set up a special “date”/fun day with your child and listen, connect, share and laugh together. Celebrate the uniqueness of who they are and the gift they are to you and your community.

REFLECTION JOURNAL

INTRODUCTION/ICEBREAKER QUESTIONS

1. How do you give back to yourself?

2. What do you feel our community needs the most right now?

3. What is the hope you hold on to for your child?

REFLECTION JOURNAL

DIVING DEEPER QUESTIONS

1. Who are some people in your life that have allowed you to “make it”? How has that impacted you as a parent?

2. How have you re-written the script? What lessons do you hope your children are learning from you?

3. What do you want included in your life “script”?

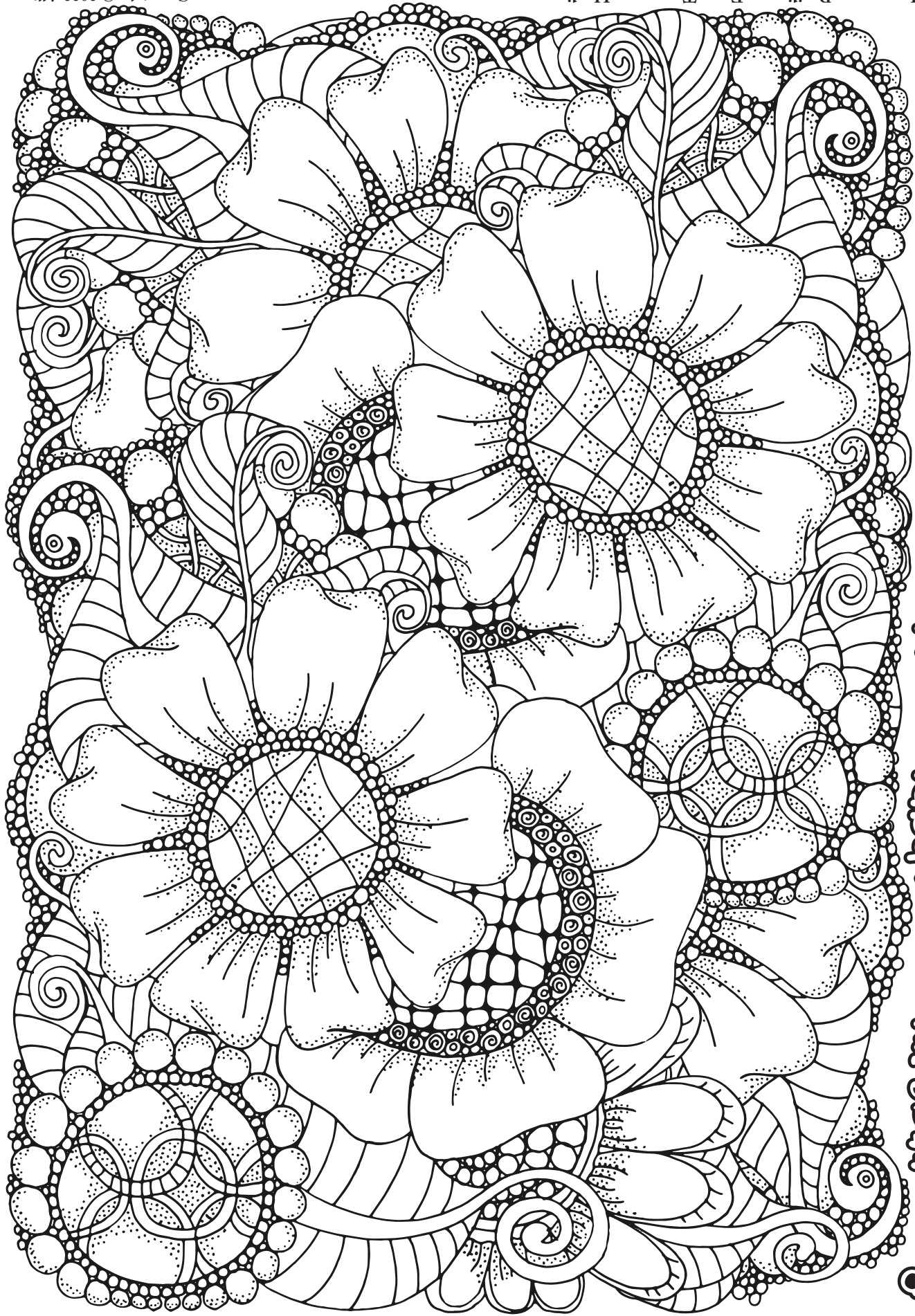
REFLECTION JOURNAL

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1. What is a simple action, such as tucking your child(ren) in or slicing fruit that you do that shows mother/father love?

2. What do you want to do with your child this week and why would you choose to do that?

3. What is one step you can take this week to move forward?



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CHILDREN'S
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Journey to Resilience: From Trauma to Healing

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SYNOPSIS

Epilogue

Dr. Perry: Dr. Perry discusses reuniting with Jesse, who he had previously evaluated after he was in a coma. Jesse was now living in a local retirement community where he was embraced by both the staff and residents. He was also now working at the retirement community. Jesse had previously experienced many forms of childhood abuse. While at lunch, Dr. Perry reminds Jesse that the two had met when Jesse had a brain injury. Jesse asks Dr. Perry if he came to analyze Jesse. Dr. Perry explained that he hadn't, but that he did wonder about Jesse's memory. Jesse admits that he remembered almost everything that had happened to him. Even though he did remember his past, he was living in an environment that had allowed him to heal.

Oprah: Oprah talks about her mother's passing and feeling conflicted about their relationship until the end of her mother's life. She explains that her mother did not become interested in her life until she became successful. She discusses being in the hospital with her mom and not knowing what to say to her mother and how that was sad because she had talked to thousands of people. Oprah decides to leave and still not knowing what to say she says, "Bye.. I'll be seeing you." Oprah is on her flight home, and knows she'll regret the decision she has made. She decides to go back to see her mother. As she is about to leave, she recalls picking up her phone and hearing Mahalia Jackson's song "Precious Lord." This was the sign she needed. She plays the song for her mother which created an opening for their conversation. Oprah tells her mother that she understands that it must have been hard for her mother and that she was sure people had told her mother to get rid of the baby. Oprah thanks her mother for keeping her and that she knew her mother did her best. Oprah tells us that it is one of the proudest moments of her life. She reminds readers "What happened to you can be your power."

NOTES

As you read the Epilogue, make a few notes about messages that stood out to you. Use the sample journal pages to record more detailed thoughts relating to the discussion questions. Additional journal pages are available to download at ctfalliance.org/partnering-with-parents/book-club

QUESTIONS FOR DISCUSSION

INTRODUCTION/ICEBREAKER QUESTIONS

1. What was your favorite piece from the epilogue?
2. What stood out to you from the epilogue?
3. What message about hope for you as a parent did you take away from the epilogue?

DIVING DEEPER QUESTIONS

1. After reading and thinking about the book *What Happened to You?* what knowledge, wisdom, or hope are you taking away?
2. Do you believe that “what happened to you can become your power” as Oprah shared? (Page 298) Why or why not?
3. Describe the parent you wish to be without comparing yourself to other parents. What are the traits you would have? How would you be supporting, loving, playing and growing with your child?

REFLECTION QUESTIONS

1. What might you do now as book club is coming to a close?
2. How might you share this information with other parents you know?
3. What is your biggest strength as a parent?



*“Georgia PAC member here.
This book club has been
LIFE CHANGING! The bonds
and the connection that the
space provides is priceless.”*

BRINGING THE PROTECTIVE FACTORS TO LIFE

Parenting is a hard job and we see parents as HEROes. Take some time to celebrate all you do and how it connects to your child, family, community and society as a whole. Print off and color this certificate and post it as a reminder. You are Enough. <https://ctfalliance.sharefile.com/share/view/sa02dec13f2d9449497f0074abc8bfafd>

RESOURCES TO SUPPORT

WEB LINKS

The **Alliance’s Birth Parent National Network (BPNN)** is a network of hundreds of birth parents and organizations working together to strengthen families, communities and systems by engaging the voices of parents. The BPNN recruits parents, individual stakeholders and organizations to join together to inform policies and practices that effect children and families. To learn more about the BPNN visit ctfalliance.org/partnering-with-parents/bpnn. To join the BPNN, complete an application:

- **Parent:** <https://ctfalliance.wufoo.com/forms/m7p9a5/>
- **Individual Stakeholder:** <https://ctfalliance.wufoo.com/forms/mn5691m1c6c4ty/>
- **Organization:** <https://ctfalliance.wufoo.com/forms/m7p9m3/>



MOVING TO ACTION

Take time to notice and celebrate your parenting headlines for each day. You survived, my eyes were open to new possibilities and all those small but significant wins you have along your parenting journey.

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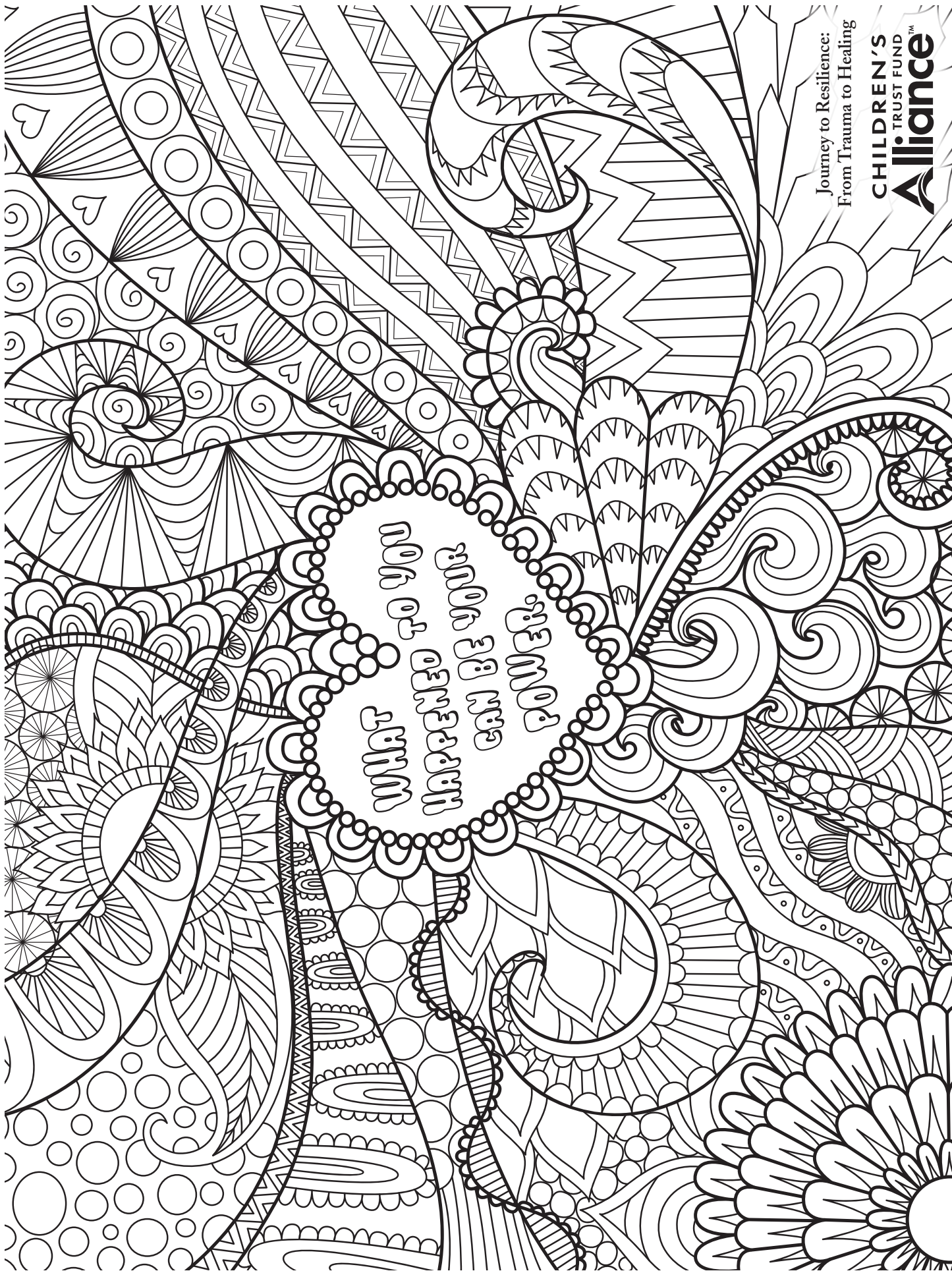
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Children's Trust Fund Alliance is a national membership organization that provides support to state children's trust funds (CTFs) and strengthens their efforts to prevent child maltreatment. State CTFs are the entities created by legislation in almost all states in the United States to lead and support efforts to strengthen families, promote the well-being of children and prevent child abuse and neglect. Since 1979, the Alliance and its CTF members have worked with communities and multiple systems to strengthen all families. Our network invests more than \$260 million each year in prevention strategies for families.

The Alliance's mission is to ensure that all states have a strong and effective children's trust or prevention fund capable of leading and investing in strategies, policies, and best practices to prevent child maltreatment before it occurs. The Alliance also works with national partners, state organizations, parents, federal agencies and others to impact policies, practices, systems changes and trainings. We are committed to looking at all our work through a lens of anti-racism and to join with our members, parent partners and others who are doing this work to more completely live up to our own ideals

Since 2006, the Alliance has developed and partnered with networks of parents to elevate their voices to policymakers and to join with them in developing policies and practices that help support families and lead to better outcomes for children and youth. Learn more about the Alliance's parent partner work and networks: ctfalliance.org/partnering-with-parents

The **Alliance National Parent Partnership Council (ANPPC)** is an integral and active strategic partner to the Children's Trust Fund Alliance and their work aligns with the Alliance's strategic plan and priorities. The ANPPC raises awareness about the Alliance and its mission to strengthen all parents and communities from a prevention point of view. The Alliance and the Council serve as a national model for effectively partnering with parents and expanding and integrating the powerful role of parent leaders in state children's trust and prevention funds and community-based programs. ANPPC members are parent leaders who are familiar with the work of their state CTFs and who have experience and expertise that are helpful

on the national level. Learn more about the ANPPC and download some of their informative and innovative materials: ctfalliance.org/partnering-with-parents/anppc

In addition to the ANPPC, the Alliance partners with Casey Family Programs to support three other parent networks:

1. The **Birth Parent National Network (BPNN)** is a dynamic and diverse network with hundreds of parents and organizational members that work together to support parents in helping to educate policymakers and other key leaders about the needs and challenges that families face and to recommend policy and practice solutions. The BPNN works to promote and champion birth parents as leaders and strategic partners in prevention and child welfare systems reform. To learn more about and to join the BPNN, visit ctfalliance.org/partnering-with-parents/bpnn
2. The **Birth and Foster Parent Partnership (BFPP)** was formed in 2016 to support a national movement of birth parents, foster families, kinship caregivers and staff focused on improving relationships, building connections and using their collective voices to transform systems, culture, policies and practices to improve outcomes for children and families. The partnership is being managed through a collaboration between the Children's Trust Fund Alliance, Youth Law Center's Quality Parenting Initiative and Casey Family Programs. For more information about the BFPP and to download its popular relationship building guides, visit ctfalliance.org/partnering-with-parents/bfpp
3. The **Birth Parent Advisory Committee (BPAC)** is a select group of parents from across the country that have a range of expertise and personal experiences within the child welfare system. They serve as strategic partners with Casey Family Programs and the Alliance. The BPAC members serve in a variety of leadership roles such as parent mentors, policy advocates, grassroots organizers and organizational administrators. They use their advocacy skills to ensure that the voices of parents are heard in the development of policies and practices that affect families.