

# **POTENTIAL CAUSES OF PRENATAL & BIRTH TRAUMA**

by

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## **Prenatal**

- Unwanted pregnancy
- Conception through force, manipulation or rape
- Conception under the influence of alcohol, cigarettes or drugs (recreational or pharmaceutical)
- Negative emotions towards growing foetus (emotional toxicity)
- Thinking about, planning or attempting abortion
- Intrauterine toxicity from alcohol, cigarettes, drugs, medications and/or strong negative emotions
- Prenatal twin loss
- Foetal surgery, invasive antenatal testing and IVF
- Social/domestic upheavals – war, moving house etc.
- Social condemnation of pregnancy
- Accidents, illness or injury during pregnancy
- Prolonged periods of stress and/or anxiety during pregnancy
- Divorce or separation of parents
- Death of a loved one
- Poor diet.
- Hereditary/generational factors
- Deep anxiety about foetus – maybe a history of miscarriage.
- Strong preference for child of the opposite sex to that of the foetus.

## **Birth**

- Difficult, fast or long labour, foetal distress, cord around neck,
- Premature birth
- Obstetrical interventions – forceps, ventouse
- Use of pain-relief medication
- Induction of labour

- Caesarean sections
- Loss of contact with mother – during or just after the birth.
- Premature cutting of umbilical cord.
- Invasive post-natal testing.
- Hostile environment – bright lights, cold environment, negative emotions.

### **Early Infancy**

- After effects of prenatal or birth trauma.
- Disturbances in bonding – may come from mother or baby.
- Disturbances in breastfeeding – baby not latching on, mastitis, sore/cracked nipples, mother may feel disgusted or disturbed by breastfeeding.
- Insensitive parenting – can be hyper or hypo-stimulating
- Early weaning.
- Imposition of toilet training.
- Emotional unavailability of mother.
- Separation from mother – ranging from sleeping alone to death of mother.
- Adoption
- Neglect of basic needs – feeding, nappy changing, soothing etc.
- Domestic strife, worries or violence.
- Abusive behaviour – from caretakers or siblings.
- Rejection – maybe partial or at very subtle levels of infants essential nature – may include dependency, growing independency, sexuality, emotional expression etc.
- Intolerance of liveliness.
- Poor diet.
- Passive smoking.
- Strong alcohol or drug imprint within relational field of the family.
- Immunization.
- Domestic/social upheavals.
- Tension between parents.
- Separation of parents.
- Death of sibling, parent or other close family member.