

# Positive Childhood Experiences



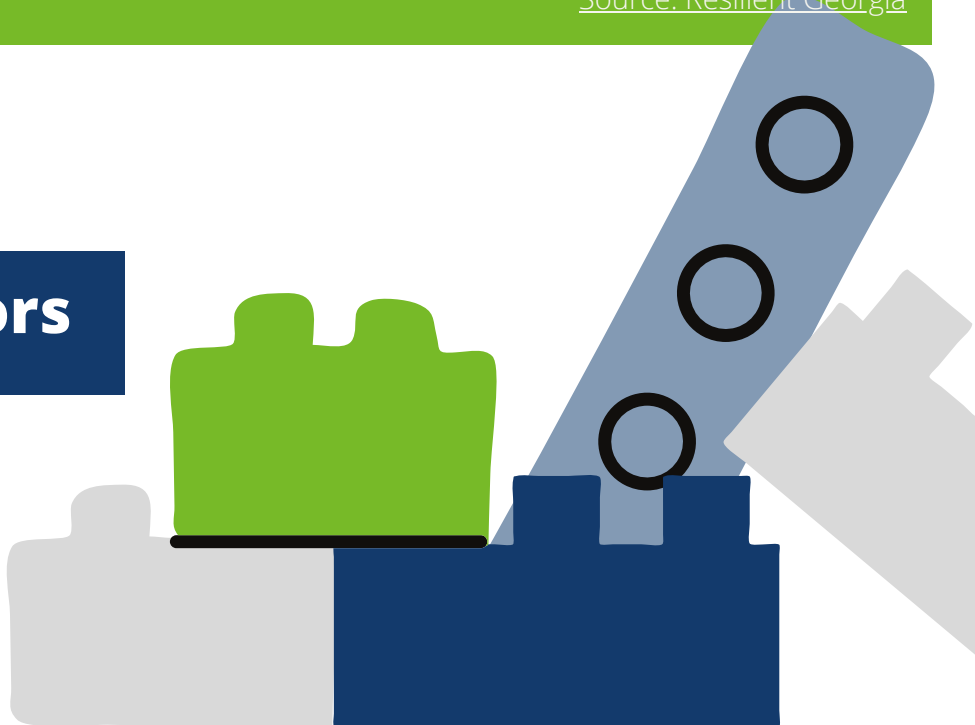
## Definition

Positive Childhood Experiences (PCEs) are activities and experiences that improve a child's life, resulting in positive mental and physical health outcomes

Source: Resilient Georgia

## Contributing Factors

Research has identified a common set of factors that leads children to positive outcomes in the face of significant adversity. These factors include:



Being in nurturing, supportive adult-child relationships (i.e. parents/caregivers)



Building a sense of self-control



Providing opportunities for social and emotional development



Participating in faith, hope, and cultural traditions

## Why It Matters

It is important to develop and implement programs and policies that support PCEs to make life better for everyone and promote long-term health and well-being.

Source: [Healthy Outcomes from Positive Experiences \(HOPE\)](#).

The more positive experiences, the stronger a child's resilience muscle becomes. Positive experiences can offset adverse childhood experiences.

## Take Action

Examples of PCEs:

- Having Family Dinners
- Asking Questions about Children's Interests
- Spending Quality Time Together (playing games, watching movies, etc.)

## Resources

- [HOPE – Healthy Outcomes from Positive Experiences](#)
- [Resilience – Center on the Developing Child](#)
- [The Four Building Blocks of HOPE](#)
- [Balancing \(ACEs\) with HOPE](#)
- [Strengthening Families Georgia](#)
- [Children's Healthcare of Atlanta Strong4Life](#)

## Learn More

