

Positive Childhood Experiences



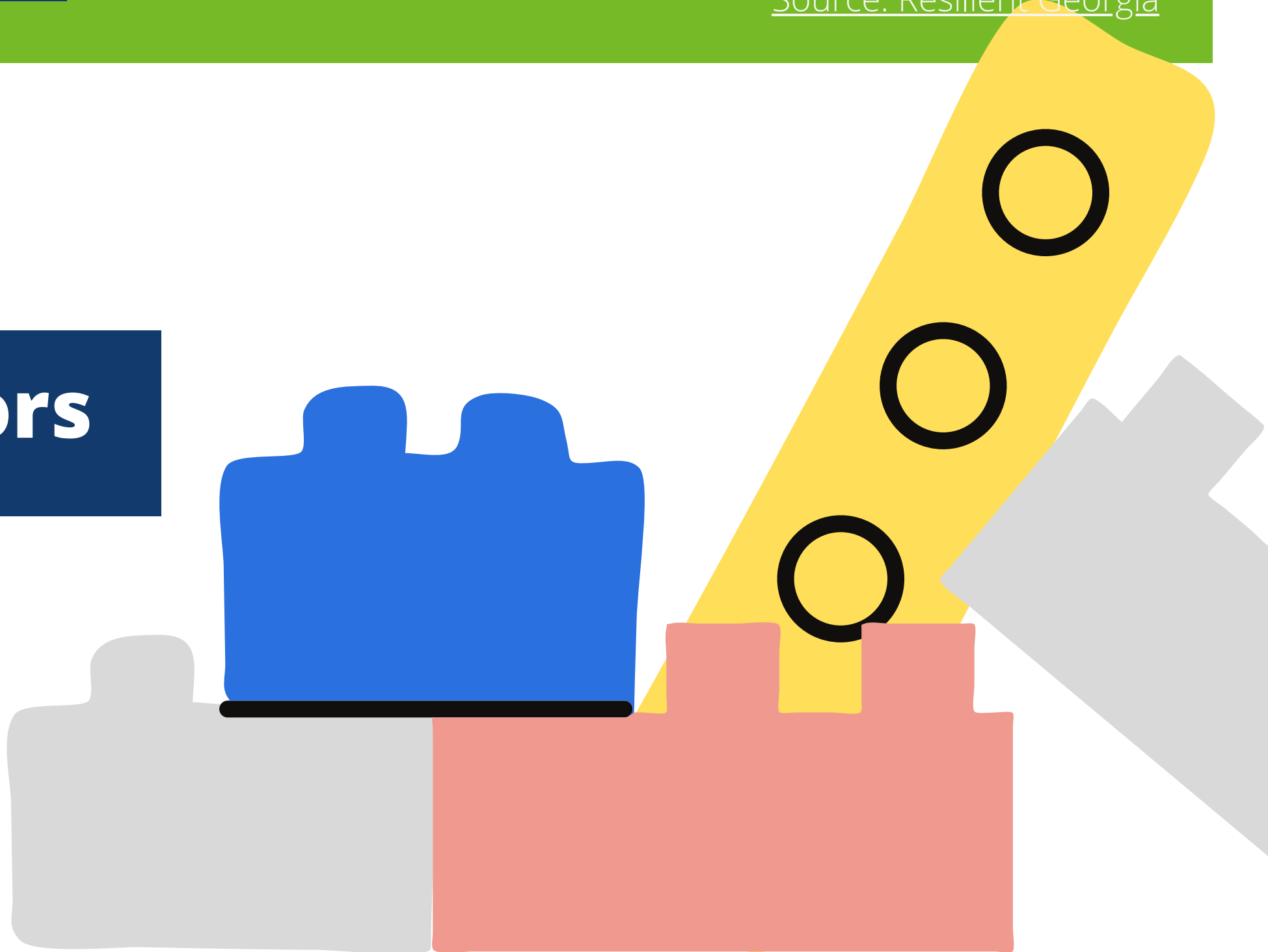
Definition

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.

Source: Center on the Developing Child, Harvard University. This language was taken from their [Concept Note on Resilience](#)

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.

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

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

Take Action

- 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](#)
- [Raising Resilience – Teaching Kids to Be Resilient | Strong4Life](#)

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