

# Positive Childhood Experiences: What Parents Need to Know

## 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:



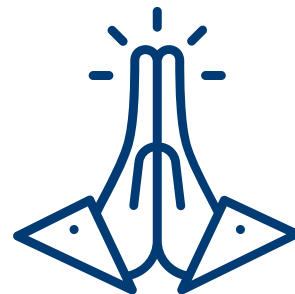
Being in nurturing, supportive adult-child relationships (i.e. parents/caregivers).



Building a sense of self-control.



Providing opportunities for social and emotional development.



Participating in faith, hope, and cultural traditions.

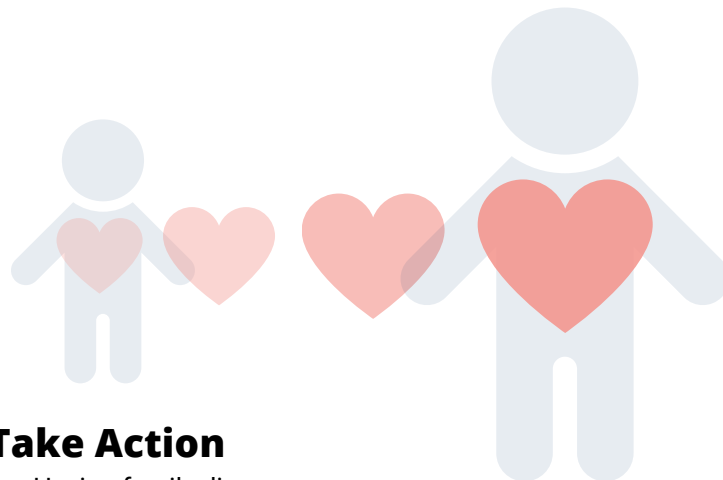
Source: Center on the Developing Child, Harvard University. This language was taken from their [Concept Note on Resilience](#)

## 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 \(HOPE\)](#)



## 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

## Take Action

- Having family dinners.
- Asking questions about children's interests.
- Spending quality time together (playing games, watching movies, etc.).

## Learn More

Scan with your camera to learn more.

