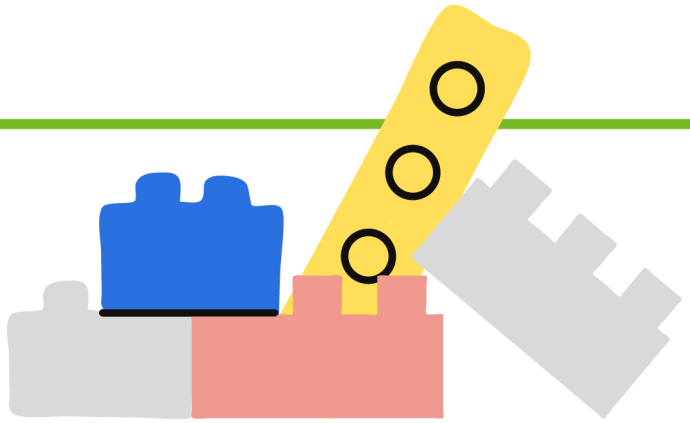
Positive Childhood Experiences



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

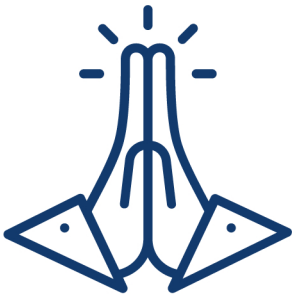
Contributing Factors

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.

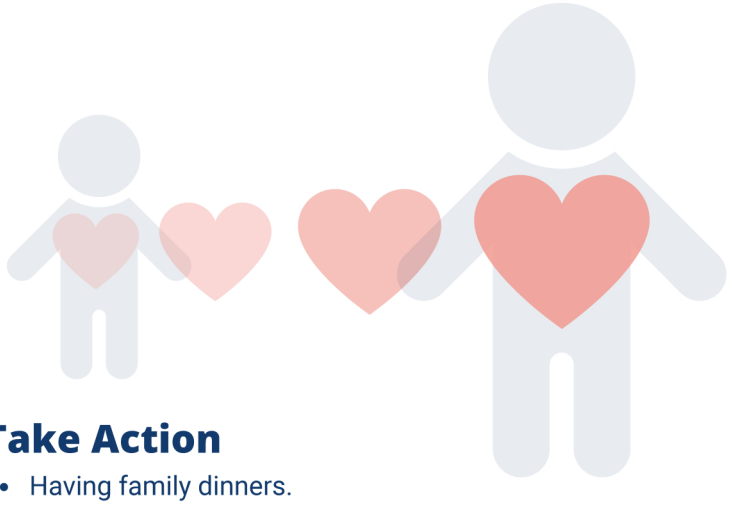
Source: Center on the Developing Child, Harvard University. This language was taken from their Concept Note on Resilience

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)



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.

RESILIENT NORTHEAST GEORGIA

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Aligning public and private efforts and resources across the state that support resiliency for all persons aged 0-26 and their families.

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