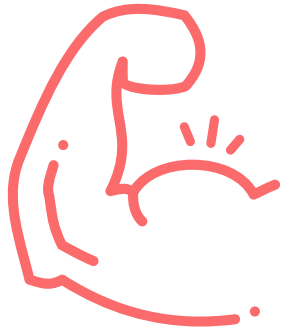


POSITIVE CHILDHOOD EXPERIENCES PROTECT CHILDREN

You can create Positive Childhood Experiences by:

RECOGNIZING
& PRAISING



their strengths

setting aside
time each
day to
TALK &
PLAY



ACTIVELY
LISTEN
when they
talk to you

CREATING ROUTINES
like spending
mealtimes
together

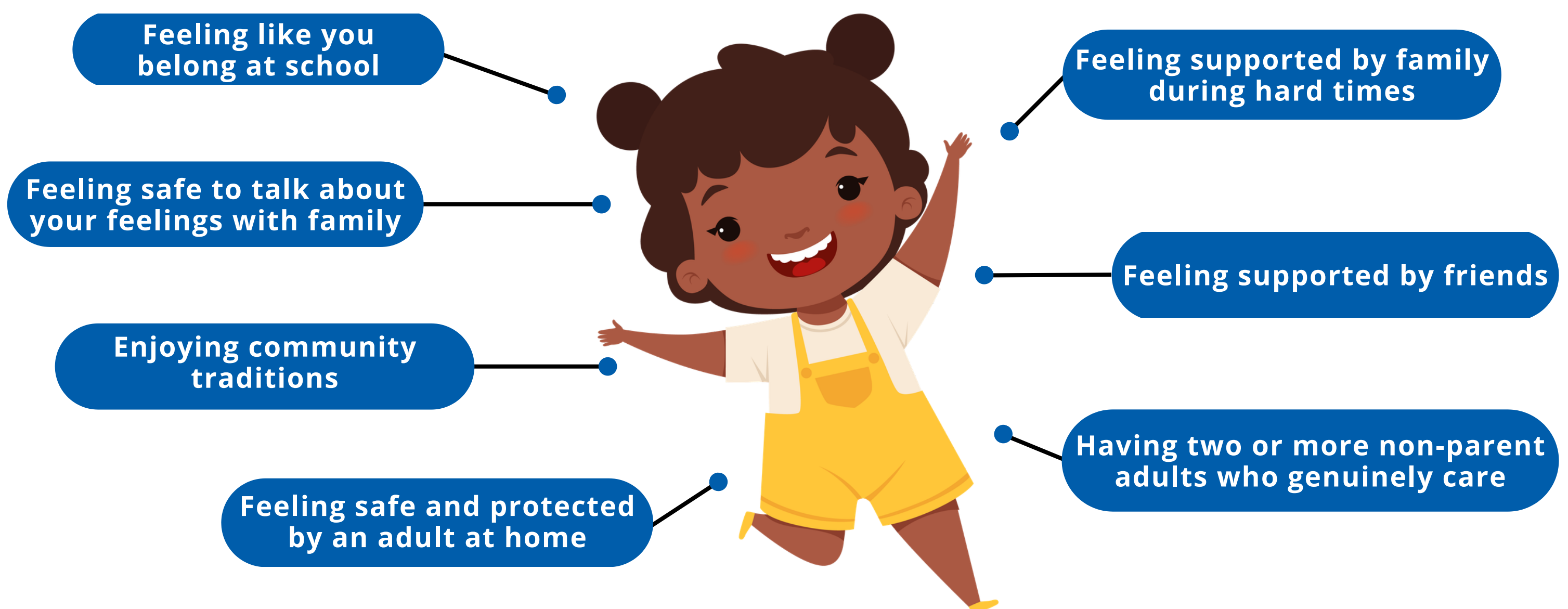


Scan to learn
more about
PCEs!



Positive Childhood Experiences (PCEs) are experiences in a child's life that encourage safe, stable, and supportive relationships. PCEs can help children feel connected, build a sense of belonging, and become more resilient.

THE 7 POSITIVE CHILDHOOD EXPERIENCES



PCEs can also include having predictable home routines, supportive neighbors, and more.

POSITIVE CHILDHOOD EXPERIENCES HAVE BEEN LINKED TO:

Fewer
Risky
Behaviors



Better
Mental
Health



Improved
Lifelong
Health



Building
Community
Resilience

