



## Positive Childhood Experiences

**Positive Childhood Experiences (PCEs)** can protect children from the immediate and long-term negative effects of Adverse Childhood Experiences (ACEs) by creating experiences in a child's life that *encourage safe, stable, and supportive relationships*.

PCEs help children feel connected, build a sense of belonging, and become more resilient.

**Positive Childhood Experiences can make a difference that lasts a lifetime by:**



Building resilience and helping children deal with stress in healthy ways.

Leading to better life-long health and wellbeing.



Helping children create strong and meaningful connections.

Promoting positive mental health and self-image.



**Prevent Child Abuse  
Illinois™**

[WWW.PREVENTCHILDBABUSEILLINOIS.ORG](http://WWW.PREVENTCHILDBABUSEILLINOIS.ORG)

# You can create Positive Childhood Experiences



**Encourage positive relationships with safe and caring adults.**

**Ask questions about your child's day and give them your full attention when they talk to you.**

**Encourage your child to interact with peers and participate in activities like team sports or clubs.**

**Make time to do things together, like playing a game or doing crafts.**

**Help your child identify and express their emotions in healthy ways.**

**Create rituals and traditions together, like decorating for holidays, weekly trips to the library, or movie nights.**



**Scan the QR Code to learn more.**