



COLLEGE OF MEDICINE TUCSON

Arizona Pediatric
Psychiatry Access Line

Positive Childhood Experiences (PCEs)

7 childhood experiences are linked to good mental health in adults:

1. Able to talk to family about feelings
2. Felt family stood by them during difficult times
3. Felt safe and protected by an adult in the home
4. Had at least 2 nonparent adults who took genuine interest
5. Felt supported by friends
6. Felt a sense of belonging at high school
7. Enjoyed participating in community traditions

PCEs promote resilience and decrease long term effects of adverse childhood experiences (ACES)

What can you do to promote PCEs?

A few examples...

- Be a consistent and supportive relationship!
- Encourage open communication within families. Share information about parent-child attachment. Validate and reflect on warm reactions seen between parent and child.
- Encourage participation in school and community activities.
- Make sure schools are safe spaces, address bullying, encourage students to be upstanders.
- Ensure access to at least 2 nonparent adults who take a genuine interest in their wellbeing.
- Prioritize safe, predictable, and nurturing daily routines.
- Help children name and talk about their feelings.
- Teach children how to disagree respectfully and productively.

References:

Bethell C, Jones J, Gombojav N, Linkenbach J, Sege R. Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels. *JAMA Pediatrics*. 2019;173(11):e193007. doi:10.1001/jamapediatrics.2019.3007

Find hope at positiveexperience.org healthy outcomes from positive experiences. (n.d.). <https://positiveexperience.org/wp-content/uploads/2024/11/The-Four-Building-Blocks-of-HOPE-Handout.pdf>